

NEW CONNEXION

PACIFIC NORTHWEST'S JOURNAL OF CONSCIOUS LIVING

MARCH/APRIL 2013

Menopause 8



Visionary | Ching 14

The evidence that all beings are connected is revealed before us every day.

On Earth, nearly four billion years ago the only life was blue-green algae. Now our human consciousness contemplates that fact and marvels at the miraculously diverse biological bloom of creation we share with all beings.

There is continuity between individual existence, the environment and the entire universe. It took a cosmos to birth an Earth and an Earth to birth a life web and a life web to evolve into a human being. Yes, we need our lungs to breathe, but we need air, and to have air we need trees, part of our extended terrestrial body. The lung would not exist without the tree.

A meme is a parcel of cultural meaning, a shared value, a Trojan horse for a worldview. Transmission of a meme often occurs through iconography. The journey of a visual meme through the cultural body presents an icon vector, the wake of an image through time and the collective mind. Art is a consciousness evolutionary tool because of its ability to transmit memes.

A community is a net of beings, a web of relationships, selves united through a shared vision and language, a shared set of meanings.

WorldSpirit

In his influential 12-volume *A Study of History*, Arnold Toynbee presents a comparative analysis of 26 civilizations. After a life spent studying the rise and fall of complex societies, he posited that civilizations exist to give birth to better religions. Cultures fall as they become distant from their spiritual core and rise as new, more effective ways of uniting with the divine are disclosed. We are currently undergoing the birth pangs of a planetary civilization.

What is the path and what are the icons that will reinforce the emergence of WorldSpirit?

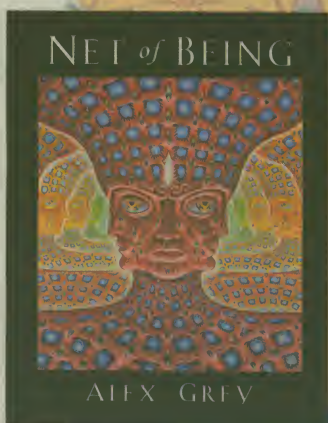
"Under our eyes in our lifetime we are seeing an old world dissolving and a new world coming into existence," wrote Toynbee. "Between the death of one civilization and the rise of a new one are creative minorities who, with deep spiritual motivation, begin to birth a new civilization from the ashes of the old."

The Dalai Lama tells us that kindness is the universal religion and that a genuine smile is the result of a heart of compassion. Compassion comes from recognizing the fragility and vulnerability of our brothers and sisters and all creatures great and small in the dance of impermanence that is our brief span of life.

We are part of a planetary consciousness, an interconnectedness of all beings, both material and spiritual in a hierarchy both natural and supernatural. Beyond gender, race, nation and creed, WorldSpirit honors the Earth we share, acknowledging our common embeddedness in the environment.

Around 3.7 billion years ago, an unbelievable miracle took place on Earth: the first life began to appear. Proliferating for 2 billion years and transforming the planet's atmosphere to support life, blue-green algae were the primordial parent cells for all plants and creatures. When WorldSpirit awakens within us, we align our soul with the sacred beauty of nature.

At this critical time, we are called into



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Archetypes: A New Language of Power

By Carolyn Myss

If I said to you, "See that man over there? He's my Hero," or "That woman is the Perfect Mom," I know without a doubt that you would understand exactly what I was communicating to you about two people you had never met.

With just three words — Hero and Perfect Mom — I would have awakened in you two complete archives of myths and symbols that you automatically associate with those terms. In seconds, these two people would cease to be strangers, as your psyche wrapped them in stories, fairy tales and your own memories.

The man would instantly take on the appearance of a super-strong Hero able to face any adversary. Despite knowing nothing else about him, you would instantly trust him.

The words Perfect Mom pack a powerful punch, especially in our society. The instant someone tells you that a woman is a Perfect Mom, you immediately picture a great cook with a charming, well-ordered home, who helps her kids with their homework, attends all their sporting events, listens to their problems, hosts sleepovers with their friends — and bakes brownies.

So how do those words — Hero and Perfect Mom — communicate so much visual, emotional, intellectual and mythic information to us?

They carry the power they do because they are archetypes — psychic power patterns in the unconscious mind. Archetypes are the power images we identify with as children. The Athlete or the Artist or the Actor or the Princess or even, sad to say, the Victim or the Vampire represents a complex of stories and myths that we somehow imagine happening in our own life.

We are drawn to movies, books and video games with characters that represent our power images. Little girls dress up as Princesses and Wonder Woman, little boys as Batman and Warriors. Archetypal identification begins early.

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HOT PICKS

Amit Goswami

March 15-22

Ananda College in Gaston, OR



CONSCIOUS MEDIA

Reader's Choice Books, Music, Films

COVER ARTIST David Lorenz Winston ..

NW EVENT CALENDAR

NEW RENAISSANCE EVENTS

RESOURCE GUIDE

16-18

Look for the smartphone eye

to go behind the story.

Body Mind Spirit Expo

April 20-21

Oregon Convention Center

Enlightening events — see Calendar on 9



Ananda Center at Laurelwood

UPCOMING EVENTS



LONGHOUSE PROGRAM*

March 8-15, with Dana Andersen

A reinvention of the Native cultures longhouse tradition of spending the winter engaged in arts and crafts.



ANCIENT CIVILIZATIONS**

FROM EGYPT TO EASTER ISLAND

March 11-15, with Dr. Robert Schoch

Journey to ancient civilizations with renowned author, geologist & explorer Dr. Robert Schoch of Boston University. Re-examine history through the lens of secret geology & consciousness. 5 day tuition with lunches \$475.



QUANTUM ACTIVIST WEEKEND*

March 16-17, with Dr. Amit Goswami

Join leading quantum physicist Dr. Amit Goswami as he explores recent revelations in science, including scientific evidence for the existence of God. Weekend tuition with lunches \$230.



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ENERGY MEDICINE HANDS-ON*

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Quantum Possibility: Seeing Science in a New Light

By Amit Goswami

Quantum physics has a very obscure opening called a visionary window. If we look through the window, new light appears that enables us to generalize materialist science in the appropriate way. The new light consists of a shift in the metaphysical base of science, from matter base to consciousness base.

In quantum physics, objects are not determined things of Newtonian vintage. Instead, they are waves of possibility. When we observe, these waves "collapse" into actual events in our experience. Instead of spread-out waves, what we observe is a localized particle. This is the famous observer effect.

A comedian in Calcutta was walking the sidewalk when a certain container of rasagullas in a display window grabbed his attention. The fellow went into the shop and asked the shop owner for some rasagullas. But when the shop owner started to bring out the rasagullas in the display window, the comedian stopped him. "I don't want those. Don't you have some of the same kind in your backroom?" The confectioner was offended. "Sir, all my sweets are fresh and good," he said indignantly. The comedian said, "No, no. I don't doubt that. But people have been looking at those rasagullas!"

Looking affects objects according to quantum physics. But if consciousness is a brain phenomenon as materialist science suggests, the observer effect is a paradox because then brain and its consciousness both consist of possibilities only. Possibilities acting on other possibilities cannot

make actuality.

Imagine possible cars in a car lot. Also imagine possible money in your bank account. Now imagine hard and combine the two possibilities. Do you expect a car manifesting in your garage?

Waves of Possibility

The resolution of the paradox is to turn the materialist view of consciousness upside down. Let consciousness be the base of the world and let matter consist of waves of possibilities of consciousness. Consciousness chooses from the possibility waves of matter within it to collapse the actual events that we observe.

Note that in every event of observation, there is the object the observer is looking at and a second object consisting of the observer, a brain. Before observation, before collapse, both are waves of possibility. When consciousness chooses, only then the brain is actualized along with the external object as experiences, as appearances in consciousness.

Consciousness identifies with the brain due to a specialness of the brain, a specialness that makes an object with a brain an observer. This conscious identity is what we call the self, what we experience as a subject looking at the collapsed object. Consciousness, the chooser, transcends both the immanent subject and object.

In this generalized science within consciousness, upward causation gives us the waves of possibility to choose from and downward causation consists of the act of choice. Both modes of causation are incorporated. And there is no dualism — the subject-object duality is seen to be an appearance.

Back in the 1970s, when quantum

physicists were first proposing that we choose our own reality, many people tried to manifest beautiful expensive cars for themselves. When they couldn't, they tried at least to manifest parking spaces for their cars in crowded downtown areas, but even then the success rate was not encouraging. Obviously something was missing.

Unity Consciousness

The next step was to realize that the choosing consciousness must transcend personality, must be unitive — the same for all of us. If this were not so, you could look at a multifaceted quantum possibility wave and choose one facet and simultaneously somebody else could look and choose an alternative contradictory facet. The world then would be pandemonium.

For the materialist model of individual consciousness associated with each brain, the solution is called solipsism. Only your consciousness is real — everybody else is a fragment of your imagination.

Many of us feel this way of course. A woman meets a friend after a long time, gets excited and takes her to a cafe to "catch up." Over coffee, she talks and talks and suddenly becomes aware and says, "Oh. Look at me, talking about myself all this time. Let's talk about you. What do you think of me?"

Nevertheless, for obvious reasons, solipsism is not a palatable solution. Consciousness saves the situation by being objective, unitive. Behind our apparent individuality, it is our unity consciousness that chooses actuality from quantum possibilities. This unity consciousness is what religions call God. The Upanishads remind us of our God-consciousness with the statement, "You are that."

We don't ordinarily experience ourselves as God-consciousness because of how the brain works. Our brain sifts all experience through our past memory. In the process, we become conditioned. We respond to a familiar stimulus as we responded before, we acquire an ego-individuality based on our habit pattern. And yet, whenever we are capable of rising above conditioning, God is there to enable us make a creative choice.

Once we see consciousness as the ground of being that the Upanishads call Brahman and see matter as possibilities within it, and then see conscious collapse as the origin of subject-object appearance of experience, it is not hard to generalize further. Matter gives us the experience of sensation, but we also have experiences of feeling, thinking and intuition that religions associate with subtle bodies. Suppose the subtle bodies also consist of quantum possibilities, what then?

The event of collapse then not only consists of choice from the material waves, but also choice from the other compartments of possibility waves. So you look at a car and think, "This is a car." Consciousness has collapsed both your brain (the sensation) and your mind (the thought), mediating the mind-brain relationship. In this way another problem of dualism is solved: consciousness is the mediator between matter and the subtle.

This is a good beginning for a genuine integration between science and religion.

Amit Goswami, a theoretical nuclear physicist and author of *God is Not Dead*, is featured in the documentary *The Quantum Activist*. Visit www.amitgoswami.org. Goswami presents two quantum workshops on March 15-17 and March 18-22 at Ananda Center at Laurewood in Gaston, Ore. Visit www.anandauniversity.org for event details.

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Community Spotlight

The Longhouse Tradition

In winter, it's easy to feel gloomy and lethargic. While seasonal affect disorder (SAD) can affect many people across the U.S., research shows that only five percent of people in Southern states experience SAD while 30 percent of people in the Pacific Northwest suffer.

Symptoms of SAD can include depression, and feelings of loneliness and isolation. Some people experience a decrease in focus and attention, while others feel a lack of energy and interest in life.

"In the darkness of winter, we need full spectrum light—the rainbow light of creative expression that comes from inside of us and is shared among us in the vibrancy of community. To feel alive and joyful during the bleak winter months, we need the spark of creativity within community," says Dana Lynne Andersen, who is director of The Academy of Art, Creativity & Consciousness.

In the gloomy months of winter, we burrow into our own little houses where we feel isolated, says Andersen. Native cultures throughout the Pacific Northwest do not suffer from this disorder because they had the remedy: the longhouse tradition.

They came together under one roof and spent the long winter months engaged in art and creativity. They sewed, painted and beaded. They made tools. They shared stories and dances around the fire—in essence they co-created a generative culture.

The remedy for our sadness is what human beings have done since the beginning of time—gathering to spark our creative fire—sharing our hearts and minds in soul nourishing ways.

Andersen offers a longhouse tradition retreat at Ananda Laurewood on March 8-15 (with weekend, five or seven-day options). Visit www.anandalarewood.org.

Cover Artist

Spirit Dancer



David Lorenz Winston, an award winning photographer internationally recognized for his nature photography, captures the beauty of the natural world as well as the spirit of humanity.

The image of the Spirit Dancer, on the cover of *New Connexion*, was taken at the annual Rogue Valley Veterans Pow Wow in White City, Ore. The Pow Wow provides an opportunity for the community to experience the beauty, pagantry and spirituality of this traditional Native American gathering.

While many of Winston's images show crisp winter landscapes and stunning trees, he is equally at home reflecting on the human condition and uncovering surprises in the ordinary.

"My imagery is about discovery. It takes me to places I have never been, places that free me from the pressures of a clock driven world, places that heal. I'm most excited when in tune with the underlying flow and energy of the ordinary," says Winston, who lives in Talent, Ore.

"I seek to reveal the essence of a moment or place gone unnoticed. I love showing things in new ways, using the elements of surprise, mystery and playfulness, fused with design and movement."

See David Lorenz Winston's work at the Art in the Governor's Office Program exhibition at the Capitol Building in Salem through May 8. Visit www.davidlorenzwinston.com.

The Outlaw of Death

I staggered into the bar, barely able to walk, looking like a drunken cowboy. I saw him standing in the corner, wearing dirty pants and a dirty look. Stumbling up to him, I swung wildly, connecting with air.

Editor's Blog
by
Vicky Thompson

son to show me how to play *Red Dead Redemption*, a digital Western world where outlaws brawl in the bar as much as they ride the open range.

My fight happened in the spring of 2011 when my mother died. It was a difficult time that took my breath away—my mother was diagnosed with pancreatic cancer on a Tuesday and passed away three weeks later.

The rapid decline of her body and the relentless pace of a disease that could not be stopped left me feeling like I had been dragged through the desert. I felt like a lost executioner—given power of attorney over my dying mother, I had to make painful decisions for her during the last days of her life.

I was the one who had to help her understand there was no hope, that it would be best for her to go home and be comfortable, that she was coming to the end of her journey.

I had to be a mother to my own mother, a role that I've been familiar with my whole life. But when she died, I realized that she died with a mother figure present, but I was left alone, motherless.

I really needed to hit someone, to rant and rave, and let out my pain. Something happened inside when I finally figured out how to hold down the X button and let loose with fists of fury. A dam of sadness and rage burst in me.

Stumbling out of the saloon, I clumsily made my way to the nearest cowboy. "Cover your ears," I told Tristan as I yelled curses and insults at a character that I'd never even met before planting a fist in his face. I shoved him to the ground and kicked dirt in his face, yelling, "You want

to be buried? I'll show you how it's done."

It's funny how our shadow is our greatest teacher. Carl Jung used role playing to discover hidden feelings in the unconscious mind. By uncovering our pain, our fears and our deepest longings, Jung believed that you could come to a place of wholeness when you accept all parts of your being.

I realized that I felt responsible for my mother's death. In being given power of attorney over her decisions, I wanted to give her an ending with hope, a better outcome, but I couldn't. All I could do was take her home, hold her hand and let her know that she wasn't alone on the final leg of her journey.

Over time, I've realized that I did show my mother how it's done—how to support someone as life rapidly slips from her body, forcing her to quickly cope with letting go of life. It's done with love and a compassionate calmness in the face of the outlaw of death.

I discovered that I am a strong woman, I am a mother—to others in need, but most of all, to myself. I am not motherless, I am a mother of wholeness.

Vicky Thompson is the editor of *New Connexion*. Visit www.newconnexion.net for past blogs.

• This I Believe •

When Play Matters

Sure, we know play is a necessary part of our lives: it relieves stress, adds balance and inspires creativity. But we're usually so busy with "life" that we simply ignore it.

I was reminded about the importance of play while watching an orca superpod off Alki Point in Seattle.

Orcas know how to play. My dog and I joined the throngs of people enjoying the superpod. Everyone was relaxed, happy, cheerfully sharing binoculars and observations. Party atmosphere ruled.

Watching people watching orcas made me wonder: does it really take something extraordinary like that for us to relax and play? Yes, orcas love being orcas. To them, the hunt is as fun as it is necessary to live. Work is fun and life-giving.

I am reminded of this daily in my Mindset Alchemy sessions with clients. Lately a client's guides have shown up in sessions with other people. I've started calling these guides the Rainbow Boys: they are young athletes, vibrant, dressed in rainbow-swirled long-sleeved outfits that end below the knee.

They carry basketballs, soccer balls, balloons, whatever they need to play with while they check out what's going on. They are perfect guides for my client, who has leaped into his dream of becoming a professional athlete. But why were these guides showing up with other people?

"Sacred play," the Rainbow Boys said. They then taught me a body technique called "marshmallow spine." We first get the client grounded and balanced, and then we draw air in from the front of the body and let it float into the back. The air, like the air inside all the balls the Rainbow Boys play with, expands to cushion and relax the body.

Instead of a stiff, hard spine, clients experiment with a soft spine that can still support the body but move more freely and expansively. Marshmallow spine: support that nourishes. It's the exuberance in an orca breach. The play in our busy lives.

— Robyn M. Friz, MA, MBA, intuitive life consultant, www.alchemyquestinc.com

TALKING
STICK

Never apologize for being "just a kid." For

you remind us what it means to be alive.

For you are strong beyond your wildest

imagining. Your goodnight kiss can stop

an army; your tears can melt the hardest

heart. For you have the gift of innocence.

— Kent Nerburn, author of
Ordinary Sacred

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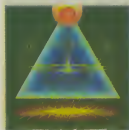


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Connecting with the Psychic Soul

By Judith Pennington

There is nothing the psychic soul enjoys more than broadcasting messages from its subconscious mind and universal consciousness. We think about a long lost relative or friend and minutes later, that person calls or knocks at the door. Or we contact someone we haven't spoken with in a while, and the person explains: "I was just thinking about you!"

The soul receives and transmits information like a radio, according to Edgar Cayce (1877-1945), the well-known psychic and father of holistic healing. Brainwave feedback agrees with Cayce on this, as does the latest scientific research on intuition: The clearer and wider our bandwidth, the better we send and receive psychic information, and the more attuned we are to the subtle energies in nature and the cosmos.

Perhaps you have had experiences like these: You walked into a bookstore and a book flew off a shelf and landed at your feet, opening to exactly what you wanted to know. Or perhaps, while you were driving, a loud voice commanded, "Change lanes!" and you instinctively swerved and missed a deadly traffic accident.

My chiropractor, Terry Hafer, was practicing stop-and-go landings in her airplane when a strangely metallic male voice coming through her headphones spoke her call numbers and announced that she had a visitor waiting for her in the tower. While she was landing, the plane's engine catastrophically failed. Shaken but safe, she climbed the steps of the tower to greet her visitor. The two air traffic controllers on duty, both women, knew nothing of a

visitor and had not contacted her in the air.

Psychic stories abound, and no doubt you have wonderful and amazing tales of your own to tell. Soul messages excite and uplift us, as they are meant to do. They tell us that we are souls with a sixth sense that connects us to spirit guides, angels and our higher self: an energetic blueprint residing in a light-filled ocean of spirit that we call God, universal mind, source, the quantum field or superconscious.

How can we communicate with the psychic soul at will? By quieting the busy conscious mind and resting in the calm, still waters of the subconscious,

where the intuitive soul and its sixth sense reside.

Deepening into the Soul

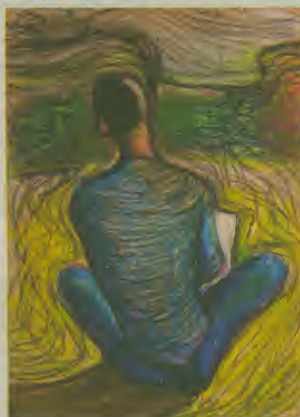
Silent meditation opens the mind to the soul and increases our psychic attunement and powers faster than anything else. The following (simple and easy) meditation practice comes out of nearly 40 years of brainwave biofeedback research with the Mind Mirror, a unique EEG that I and others use to guide clients and students into the lower frequencies and higher vibrations of the multidimensional soul.

People invariably tap into a stream of wisdom and insight that resolves everyday questions, issues and challenges, unblocks the mind, releases suppressed creativity, and awakens and evolves awareness.

It's no wonder the soul is always sending us messages. The best of who we are and can be is where it is: in the quiet of the subconscious mind.

It's easy to communicate with your psychic soul. Begin by sitting in a comfortable position, preferably in an upright chair. Loosen any binding clothing, close your eyes and set an intention to commune with your soul in one of its many languages: a voice, visions, feelings, sense of knowing or inner certainty of higher awareness.

If you have a question or issue that you wish to resolve, crystallize it into words, then set it aside and spend a few minutes relaxing. Relax the



back of your tongue to stop talking, slow your breathing and inwardly scan your body to release any tension. Breathe light into any dark areas until there is only light.

Focusing on relaxation will gradually withdraw your awareness from the outside environment into yourself. If your thoughts (the conscious mind's beta brainwave frequencies) stay busy, notice the location of that electrical activity and throw a rope around it. Then draw your thoughts into your head.

Enlightening Yourself

Once you are inwardly focused, draw white light from just above the crown of your head down into your thoughts and immerse them in it. Then, slowly usher your light-filled thoughts into your heart and allow them to rest there.

This sensory exercise will reduce your beta waves and increase the lower, slower



alpha frequencies that serve as a bridge to your subconscious mind. Your subconscious is the repository of your long-term memories, creativity, insight and soul. Feel yourself drifting down and in, deeper and deeper inside, to activate your subconscious theta frequencies and connect you with the wisdom of your soul, located so near the delta brainwaves of your unconscious mind, which is always connected to universal awareness.

Quieting your beta brainwaves and simultaneously activating alpha, theta and delta creates an optimal meditation state in which your mind is flowing with creativity, insight, intuition and spiritual awareness. When you feel peaceful and united, bring to mind your question, issue or challenge and wait patiently for answers. Insights may bubble up immediately, or you may need to wait a little while for inner imagery to flow from your unconscious delta or subconscious theta across the alpha bridge into your conscious mind.

If your ego's thinking mind tries to distract or discourage you, just return your awareness to your heart and your slow, quiet breathing. Trust your soul to provide what is needed. It will come now or in a sleeping dream or waking synchronicity (defined as a meaningful coincidence of inner and outer events). When you awaken from meditation, jot down notes about your experience so you can learn what works best for you.

After only a few meditations—which, in terms of brainwave patterns, are the same as dreaming, psychic inquiry and inspired writing—you will find yourself better able to focus and sustain your awareness in everyday life. "Broken points of consciousness," as Edgar Cayce described our distracted thinking, will knit themselves back together again. Your coherent brain and calmer nervous system will revitalize your body-mind with electrical energy and revive you to a new and higher consciousness.

Soon "ah-ha" insights and peak experiences will pour into your waking life, as a pitcher pours life-giving water into an empty cup.

Judith Pennington, author of *Your Psychic Soul*, is a world authority on EEG and consciousness. Visit www.earthlight.com.

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Going Gluten-Free

By Pauli Halstead

I stand to reason that the more symptoms you have physically, cognitively or psychologically, the more primitive a diet (in other words, pre-agricultural or "primal") you ought to consider adopting to reclaim rightful health, according to Nora Gedgaudas, a Portland-based author of *Primal Body, Primal Mind*.

There's a rarely suspected, underlying culprit in grains that is wreaking havoc on our national health in epidemic proportions. It is gluten. Gluten is found in many grains that we typically consume, such as

durum, semolina, graham, spelt, kamut, triticale, rye, barley and even oats. Also, genetic changes to our American strains of wheat, which give them higher gluten content than European strains, have significantly exacerbated the problem.

Due to this there's a marked increase in the incidence of full-blown celiac disease in the United States. Celiac disease is the extreme malabsorption of nutrients, which leads to many other diseases.

According to Gedgaudas, "Gluten can affect all organ systems (including your brain, heart and kidneys), your extended nervous system, your moods, your immunological functioning, your digestive system and even your musculoskeletal system — truly almost all of you, from your hair follicles down to your toenails and everything in between."

Due to our increasing deterioration of health, we and our children are now extremely sensitive to grains, legumes, starch, milk (casein), sugar and most all processed foods, which are likely to have hidden gluten in the ingredients. In addition to being used as an additive and stabilizing agent in processed foods, gluten is also in pharmaceuticals and health care products like shampoos and lotions.

Perhaps you may not know you are gluten sensitive. Undiagnosed gluten sensitivity can cause many serious health problems, ruin the quality of your life and even cause death, so it's wise to be tested. Don't guess about your problem. Work with a physician or a licensed health care professional who can guide you to a test lab such as Cyrex Labs.

Gluten sensitivity can lead to brain and mood disorders (broken brains), irritable and inflamed bowels, autoimmune diseases, heart problems and even cancer. Sometimes the symptoms are delayed (for days or months), so you won't necessarily tie them to gluten consumption.

As Gedgaudas points out, "Grains are rarely suspected as the original culprit, though every one of these disorders, among many more, can be traced to often insidious gluten intolerance. Gluten sensitivity is rarely obvious to the afflicted, and many people are even entirely surprised to learn they have this sensitivity. I know I was."

A gluten-free diet will require a completely new approach to eating that will affect a person's entire life. People with celiac disease have to be extremely careful about what they buy for lunch at school or work, eat at cocktail parties or grab from the refrigerator for a midnight snack. Dining out can be challenging, even dangerous, as the person with celiac disease must learn how to scrutinize the menu for foods with gluten and question the waiter about possible hidden sources.

Cross-contamination is always possible, and even trace amounts of gluten will trigger a reaction that may last for months. Even a trace (0.03 percent) of gluten in a food product can cause a reaction for a gluten-sensitive individual. It's just not worth the risk. Avoidance of gluten must be 100 percent.

Remember that just because a label says gluten-free or organic does not mean that it is necessarily healthy for you. Nothing could be further from the truth. Many gluten-free and organic products contain contaminated grains, bad oils and high sugar content. Beware of junk food masquerading as healthy. Nutritional power bars are some of the worst offenders because of their grain and high sugar content. Plus they are expensive. Gluten intolerance and carbohydrate intolerance normally go hand in hand.

Even foods that are frequent substitu-

tions for gluten may cause food sensitivities and problems. You may be very surprised to learn that even when you remove gluten from the diet, it may not be sufficient to restore full intestinal health. Other grains such as rice, quinoa, corn, soy and buckwheat, which are commonly substituted for gluten, may still cause gut inflammation (IBS) and other hard-to-identify symptoms.

Gedgaudas makes a point of saying, "As there is no human dietary grain-requirement — and since grain consumption causes so many known health problems due to its anti-nutrient content, its tryptophan-poor profile, high omega-6 levels and its mainly starch-based content, as well as its allergy and sensitivity potential



— there is little reason to include grains in the diet of anyone seeking optimal health. In fact, the fewer grains consumed the better. Zero is by far the best."

Pauli Halstead, author of *Primal Cuisine*, has been a Bay Area chef for more than 30 years. Visit www.thepaleodiet.com. Excerpted with permission by Healing Arts Press at www.healingartspress.com.



Wild Mushroom & Roasted Garlic Frittata

Serves 4 as an entrée

This is an easy, festive and flavorful brunch dish that's gluten-free. Make the roasted garlic about an hour in advance so it's ready for the remaining preparation.

Roasted Garlic

- 1 head roasted garlic, about 10 cloves
- 1½ pounds crimini or shiitake mushrooms, thinly sliced
- ¼ cup pastured butter or ghee
- 2 scallions, minced
- ¼ cup fresh basil, julienned

Eggs

- 8 pastured eggs
- ½ teaspoon sea salt and a twist of pepper

Frittata Topping

- 2 jalapeño chilies, seeded and finely diced
- ¼ cup cilantro leaves, chopped
- 2 ounces crumbled goat cheese at room temperature
- 2 tablespoons toasted pine nuts or almonds, chopped

Preheat the oven to 325 degrees. Squeeze the roasted garlic out of the skin and mash. Set aside.

In a small bowl combine the minced scallion and the julienned basil. Set aside.

In a small bowl mix the diced jalapeños, chopped cilantro, crumbled goat cheese and pine nuts. Set aside.

In a large bowl whisk the eggs with the salt and pepper. Set aside.

In a 12-inch heavy bottomed stainless steel skillet heat the butter or ghee over medium-high heat. When hot add the mushrooms and roasted garlic and cook until very soft, about 15 minutes.

Sprinkle the scallions and julienned basil on top of the mushroom-garlic mixture and then pour the whisked eggs over the top. Bake the frittata in the preheated oven, uncovered, about 15 minutes or until just set. Remove from the oven and turn the oven on to broil.

Evenly distribute the topping mixture over the top of the frittata. Place the skillet about 5 inches from the broiler and cook long enough to melt and slightly brown the goat cheese. Watch this step carefully. Remove the frittata from the oven.

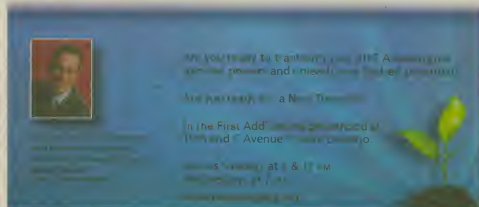
To serve, cut the frittata into wedges and place on 4 lunchen plates. Serve immediately.

— Pauli Halstead

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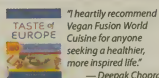
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The Menopause Problem

By Lisa Friedman Bloch and Kathy Kirtland Silverman

Manhood is fragile, more than ever at midlife. Our strong, invulnerable, even Herculean men are, underneath it all, afraid. They are frightened of changes in their bodies, and in their sense of themselves. And they are afraid of being vulnerable, aging, weakening and being mortal.

Until recently, men did not live long enough to have recognizable hormonal changes. A hundred years ago, they were not expected to live past 50. The U.S. census for the year 1900 reported that the average life expectancy of a man was 40. Today it's 78. In 1900, people didn't worry about mood swings, depression and erectile dysfunction, because 50 was not midlife, it was end of life. Today, life past 50 is a growing area of study, because men are living so much longer.

But one thing is for sure, you can't ignore the signs of menopause.

Midlife Adjustment

Men go about their business, shoving manopause away, smothering their fears and hoping that tomorrow will give them a brighter outlook. And all the while, despite their efforts to the contrary, the pain of this resistance infiltrates their psyche, putting a cloud over their heads.

He says he's really "fine," and you want to believe him. But suddenly he has those moments. He's overly sensitive, cranky, irritable. You wonder what's happening to your husband, to your father, to your friend. We keep telling ourselves that he's just having a midlife crisis. That it'll pass.

But is it a crisis? While midlife crisis is a common term, it has never been proven to be a valid scientific condition. The term was popularized by Gail Sheehy in her revolutionary book *Passages*. But over all of these years, no scientific study has shown that a midlife crisis exists for most men. It is much more probable that the manopause man is having a midlife adjustment.

This adjustment is every bit as powerful as the one he experienced during adolescence. And yet it is gradual, making it difficult to recognize, and even harder for him to accept. Hard to accept because, bottom line, men don't view change the way women do.

Women are accustomed to having their bodies alter. Every month we menstruate. We go through the transformation of pregnancy, watching ourselves swell with new life and then, hopefully grow thin again. To women, change is a positive. Not so for men. They view change as a negative — their shifts are to "less strength" and "lower testosterone." In their minds, change is bad.

Menopause Changes

Of the physical changes that affect men at midlife, perhaps the most influential is a lowering of their testosterone levels. And as testosterone levels lower, hair begins to thin, muscles begin to shrink, energy begins to wane, moods begin to swing, bellies begin to enlarge, bone mass begins to lessen, sadness begins to creep in and sexual performance begins to suffer.

Loss of testosterone and the physical changes it causes is only one wrench in the system. Most men undergoing hormonal changes at midlife are also experiencing

psychological stress. The manopause man's mind is churning, as he tries to decipher what's happening to the hero he has worked so hard to perfect. He feels as if he's losing his life, literally. Sleep problems, an energy deficit, poor performance at work, a loss of short-term memory and concentration, depression and even panic attacks — all due to a loss of testosterone — have made him start to think, for the first time, about his mortality.

Often, this downward spiral is triggered by some sort of alarming event or change in a man's daily routine. Maybe it's a call from the doctor, telling him that something might be seriously wrong. Or it happens following the death of a friend or family member. It could be triggered by the failure of a business, a job layoff or a younger co-worker moving fast up the ranks. The goals that have been so important to him suddenly may not seem as attainable as he once thought, and perhaps not as meaningful after all.

Men begin to realize at some point that they may not remain on top of the heap. Their children will be leaving for college before they know it. Their wives may rejoin the workforce. They fear they may not be valued anymore. And if they are not esteemed in the ways to which they are accustomed, what meaning do their lives have?

With the help of research and open discussion, we can begin to push our cultural boundaries in a healthier direction. Making manopause a familiar word is a first step. There is nothing wrong with men changing — what is wrong is our culture's inability to accept it.

Rush Dozier, Jr. suggests a way for men to cope: "Science has uncovered one important technique for managing fear and stress. Try to avoid whenever possible, circumstances in which you feel helpless and vulnerable."

But the "manhood pressures" our men are dealing with as they physically change are so numerous that it becomes hard to totally avoid situations that press their "loss of control" button. That is why, instead of thinking we can keep our men out of the line of fire, it may be more effective to redirect their thinking and approach to life. So work toward establishing a mood of optimism in your lives by moving the manopause man's focus away from things that are uncontrollable, to things that give him more happiness.

When Kevin Mittan began to feel a sense of angst about treating water at midlife in the job he had worked at for decades, he decided to devote part of his time to the crazy dream he had for years: starting a small winery.

In 2003, together with his wife, Jill, he bought land in Paso Robles, Calif. and started The Midlife Crisis Winery. He had to keep his day job, but he was able to begin devoting a portion of his time to something he loved — something real and totally different from the work he had been doing up to that point in his life. Today, the land he has purchased for growing his grapes says it all: The Crisis Solved Vineyard.

Lisa Friedman Bloch and Kathy Kirtland Silverman are the authors of *Menopause*. Visit www.themenopauseman.com. Excerpted with permission by Hay House at www.hayhouse.com.

March

MARCH 2

Soul Power to Transform Your Finances and Business 10am-5pm. Divine Channel Master Roger Givens offers soul power secrets to transform challenges into success. Learn sacred "soul marketing" practice. \$75. Opening to Life, Portland. Terry: 503-427-2188, terry@iwillhealmyself.com, www.dvinehealinghands.com.

MARCH 4 - APRIL 1

Metaphysical Fair 6-9pm at New Renaissance Bookstore Event Center in Portland on March 4 and April 1. An evening of intuitive guidance and energy healing! Free admission. Sessions for donation or small fee. Many modalities available. Aurora: 503-332-1277, www.meetup.com/metaphysical-fair.

MARCH 4 - APRIL 24

Transform a Painful Relationship into a Powerful Partnership Wednesdays at 5pm. Enjoy a free teleclass with Doris Helge, Ph.D., MCC. Guided by angels, Dr. Doris has a unique ability to help you create the loving, supportive relationships you deserve. www.newrelationshiptools.com.

MARCH 7 - APRIL 14

Reiki at the Reiki Ranch Reiki 1-2-3 Reiki Master Weekend: April 13-14. Free Reiki 1-3 April 13. Laser Reiki 1-4 Workshop (Advanced energy medicine) at the Reiki Ranch: March 7-10. In Chicago: April 4-7. Reiki Ranch is located near Chehalis, WA. Reservations: 360-748-4426, reikichicago@gmail.com, www.reikiranch.com.

MARCH 8 - 15

Free Divine Healing Hands Soul Healing Evening 7pm. Join Divine Channel Master Roger Givens and experience profound soul healings for every aspect of life. March 8 and 15. Opening to Life Studio, Portland. Terry: 503-427-2188, terry@iwillhealmyself.com, www.dvinehealinghands.com.

MARCH 11 - 15

Ancient Civilizations From Egypt to Easter Island Discover the Secret Geology, Geophysics and Consciousness with Dr. Robert Schoch, author of *Forgotten Civilization*. The renowned geologist and explorer shares new research that's rewriting history. Ananda Laurelwood Center, 38950 SW Laurewood Rd. in Gaston, OR. Reserve: 503-985-0030, admissions@anandauniversity.org, www.anandauniversity.org.

MARCH 12

NCX Wellness Night 7-9pm. In "Satsang: Active Awakening in the Real World" Eric Altman helps identify and release deeply held patterns, thoughts and beliefs. \$10 at New Renaissance, 1338 NW 23rd Ave. at Pettygrove St. in Portland. www.newrenbooks.com.

MARCH 15 - 17

The Quantum Activist Weekend Dr. Amit Goswami shares the revolution happening in science: a genuine paradigm shift in consciousness. Learn quantum activism guidelines for the shift. Ananda Laurelwood Center, 38950 SW Laurewood Rd. in Gaston, OR. Reserve: 503-985-0030, admissions@anandauniversity.org, www.anandauniversity.org.

MARCH 18 - 22

The Quantum Doctor: Healing & Consciousness Spend five days with Dr. Amit Goswami, one of the world's leading theoretical quantum physicists. He's been compared to Einstein, and Deepak Chopra calls him "one of the most brilliant minds in the world of science." Ananda Laurelwood Center, 38950 SW Laurewood Rd. in Gaston, OR. Reserve: 503-985-0030, admissions@anandauniversity.org, www.anandauniversity.org.

ONGOING EVENTS

Sunday

9am New Thought Center for Spiritual Living Celebration, community, connection. Services at 9am and 11am. Infants, children and teens at 11am at 1040 C Ave. in Lake Oswego. 503-296-9922, www.newthoughtcltc.org.

11am New Thought Center for Spiritual Living in a New Church. Children's Church at 11am and meditation at 12:00pm SE Division, Ste. 3, Portland. 503-206-8027, www.openspiritcltc.org.

Monday

7-9pm Pranic Healing Clinic at Rose Springs Center for Healing Arts, 5215 E Elam Young Pkwy. in Hillsboro, OR. Short healing meditation, then Pranic Healers offer non-touch Energy Healing sessions. Donations accepted toward rent. Call Alaina 503-713-8472, www.pwpranichealing.com.

Tuesday

7-9pm Pranic Healing Clinic at The Unity Center, 20255 Wilamette Dr. in West Linn, OR. Short healing meditation, then Pranic Healers offer non-touch Energy Healing sessions. Donations accepted toward rent. Call Toni 503-697-8855, www.pwpranichealing.com.

Wednesday

10am-12pm Pranic Healing Clinic at Center for Spiritual Living, 6211 NE MLK Blvd. in Portland. Short healing meditation, then Pranic Healers offer non-touch Energy Healing sessions. Donations accepted toward rent. Call Karen 503-289-2858, www.pwpranichealing.com.

7-9pm Drumming Circles Join us for Weds. night drumming at Cedar Mountain Drums at 2239 E. Burnside, Portland. Bring your own drum/tamborine or use ours. \$5 donation. 1st Weds: Merli Drumming. 2nd Weds: Mixed Drumming (superkids kids welcome). 3rd Weds: Women's Drumming. 4th Weds: Shamanic Journeying (\$10 donation). www.cedarmountdrums.com.

Calendar

Up-to-the-Minute Listings: www.newconnexionjournal.com

Sacred Chant with Snatam Kaur

Devotional chanted Snatam Kaur presents an evening of kirtan (sacred call and response music), singing, dancing, meditating, breathing and celebrating in Portland that promises to elevate the spirit.

Mark it: Friday, May 17 at 7:30 pm at the First Baptist Church in Portland. Visit www.spiritvoyage.com.

MARCH 22 - 24

Divine Healing Hands Certification Training Workshop 10am-10pm. Become a certified Soul Healer and use power from the Source to transform humanity and Mother Earth. Boosts all healing modalities. \$625. Opening to Life Studio, Portland. Terry: 503-427-2188, terry@iwillhealmyself.com, www.dvinehealinghands.com.

MARCH 23

Pagan Faire 2013 10am-9pm. Craft faire, entertainment, workshops and food. \$7 admission, children 12 and under free. Washington County Fairgrounds, 873 NE 34th Ave. Hillsboro, OR. www.paganfaire.org.

MARCH 25 - 29

Art, Creativity & Consciousness a painting and learning intensive presented by Dana Andersen, International Visual Artist. Ananda Laurelwood Center, 38950 SW Laurewood Rd. in Gaston, OR. Reserve: 503-985-0030, admissions@anandauniversity.org, www.anandauniversity.org.

MARCH 26

NCX Wellness Night 7-9pm. In "Easing Symptoms of Male and Female Menopause with ReikiFlexology," Craig Ronshauser shares how Reiki combined with a drug-free way to reduce menopause symptoms. \$10 at New Renaissance, 1338 NW 23rd Ave. at Pettygrove St. in Portland. www.newrenbooks.com.

April

APRIL 6

Soul Power to Transform All Your Relationships 10am-5pm. Learn soul secrets and powerful soul practices with Master Roger Givens, Divine Channel, to transform all relationships. \$75. Opening to Life Studio, Portland. Terry: 503-427-2188, terry@iwillhealmyself.com, www.dvinehealinghands.com.

APRIL 12 - 14

Basic Shamanic Journey Skills Taught by Jan Engels-Smith with A LightShed School of Shamanic Studies. 503-669-3013, www.lightshed.net.

APRIL 12 - 14

Jyotish & Devi Novak at Ananda Portland Jyotish and Devi Novak, leaders of Ananda Worldwide, visit Portland. Ananda Portland, 4855 SW Watson Ave. in Beaverton, OR. 503-246-5649, www.anandaportland.org.

APRIL 20 - 21

Opening the Akashic Records for Other This second step helps deepen your connection with the Akashic Records by learning to stand witness in the Akashic Records for others (including people and most all forms of energy). Taught by Cheryl Trine with The Akashic Records School. 503-616-4860, www.trine.com.

APRIL 19 - AUGUST 9

Advanced Soul Retrieval Taught by Jan Engels-Smith with A LightShed School of Shamanic Studies on April 19, May 31 and Aug. 9. 503-669-3013, www.lightshed.net.

APRIL 20 - 21

Body Mind Spirit Expo in Portland Saturday 10am-7pm, Sunday 11am-6pm at the Oregon Convention Center. Featuring 110 holistic exhibitors and 75 free seminars. Weekend admission of \$12 includes all lectures and demos as well as admission to the exhibit hall. Refundable. www.bmsse.net for a \$2 off coupon. 541-842-3722.

APRIL 22 - 26

Energy Medicine Presented by Bruce Burger, "Esoteric Anatomy, the Body as Consciousness" Polarity Therapy training certification. Ananda Laurelwood Center, 38950 SW Laurewood Rd. in Gaston, OR. Reserve: 503-985-0030, admissions@anandauniversity.org, www.anandauniversity.org.

APRIL 27 - 28

Introduction to Opening Your Spiritual Channels 10am-5pm. Experience the power of opening your soul language, direct soul communication, third eye and direct knowing channels with Master Roger Givens, Divine Channel. \$250. Opening to Life Studio, Portland. Terry: 503-427-2188, terry@iwillhealmyself.com, www.dvinehealinghands.com.

APRIL 28

The Universal Shaman Taught by Jan Engels-Smith with A LightShed School of Shamanic Studies. 503-669-3013, www.lightshed.net.

APRIL 30

NCX Wellness Night 7-9pm. In "What Should I Wear: Making Mindful Color Choices," Brenda Christina shares how to select clothing and jewelry, based on the properties of chakra colors. \$10 at New Renaissance, 1338 NW 23rd Ave. at Pettygrove St. in Portland. www.newrenbooks.com.

Got an event to promote?

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May

MAY 3 - 6

Visitor's Weekend Learn more about Ananda College, our new Laurewood campus, meet faculty, staff and students. Cost for the weekend is \$75 per person, includes all events, meals and lodging in dorm rooms. Reservations: Ananda College, 38950 SW Laurewood Rd. in Gaston, OR. admissions@anandauniversity.org, www.anandauniversity.org.

MAY 6 - AUGUST 2

Vegan Fusion Cuisine Classes Join Mark Reinhold for cooking classes in vegan, raw-food, gluten-free and healthy plant-based cuisine. 10-Day Vegan Fusion Cuisine Cooking Immersion: Portland on May 6 and July 15. 5-Day Vegan Fusion Cuisine Cooking Immersion: Portland on August 2. Vegan Fusion Teacher Training: Portland on May 18 and July 27. Get 10 percent off registration: 800-822-0820, info@veganfusion.com, www.veganfusion.com.

MAY 9 - 11

Dalai Lama in Portland His Holiness the Dalai Lama will take part in The Environmental Summit, which includes three days of enlightening teachings and conversations with the Dalai Lama and distinguished leaders of the Pacific Northwest. Details at www.dalailamaportland2013.net.

MAY 17

Snatam Kaur Live in Concert 7:30pm. Snatam Kaur with Ramesh Kannan and Todd Boston. First Baptist Church, 909 SW 11th Ave. in Portland. Tickets at www.spiritvoyage.com. Tickets for New Renaissance Bookshop and Healing Waters and Sacred Spaces.

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Join us at New Connexion's monthly wellness sampler of new ideas on alternative health, personal growth and conscious living.

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MARCH 12



Satsang: Active Awakening in the Real World We are already aware — it is about claiming that and living in alignment with your true self. Eric Altman helps identify and release deeply held patterns, thoughts and limitations. The evening includes a Heart Field Healing meditation to initiate growth. Visit www.ericaltman.com.

MARCH 26



Easing Symptoms of Male and Female Menopause with ReikiFlexology Menopause happens to both women and men. Craig Ronshauser shares how Reiki combined with Reflexology is a drug-free simple approach to reducing menopause symptoms (night sweats, hot flashes and irritable moods). Visit www.reiki-reflexology-rejuvenate.com.

APRIL 30



What Should I Wear: Making Mindful Color Choices Learn what colors call and ground you, what colors enhance romance, negotiations, communication and more. Brenda Christina shares how to select clothing and jewelry, based on the properties of chakra colors to support you in daily life. Visit www.greshamwellnesscenter.com.

Tuesdays at 7-9 pm • \$10 at New Ren

Participants receive a \$2 discount coupon good toward New Ren purchase that day.

New Renaissance Bookshop

1338 NW 23rd Ave. at Pettygrove St. in Portland • www.newrenbooks.com

Details on the Calendar at www.newconnexionjournal.com



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March Events



Spring Cleaning...For Your Body That Isn't What's the Right Detox For You!

Deborah O'Brien, Fri. March 1, 7-8:30 pm, \$12
Spring is a great time to give your body a good cleanse. Deborah will share information on what the different types of detox methods are best for and help you to find your perfect formula for your unique body system. Sacred-FoodSareBody.com

Meeting Your Personal Spirit Guides

Robert Zakian, Sat. March 2, 1-4:30 pm, \$25
In this fun workshop you will have the opportunity to achieve the gift of knowing your personal guides. Robert will help you determine the best channel for your connection (visual, kinesthetic or auditory) then lead you on a journey of discovery. AligningWithSoul.com



Radical Men: Simple Practices for Breaking the Myth of Masculinity

David Franklin, Sat. March 2, 7-8:30 pm, \$12
Join David Franklin as he discusses new perspectives that shatter current notions of masculinity and support men in discovering who they are and how to live from their core in order to experience a deep sense of purpose, meaning, and connection. DavidFranklin.net

SoulCollage®: Your One World and Precious Life

Suzie Wolfer, Sun. March 3, 12-4:30 pm, \$60
Discover easy ways to work with SoulCollage to find a way of being, a way of living, that helps you live Your One World and Precious Life with Passion! Invite Soul and your Archetypes to help you find out what is good and true and noble in your life. SuzieWolfer.com



Drop-In Meditation

Ean McCane, Wed. March 6, 13, 20 & 27, 5:30-6:30 pm, FREE!
Drop by after work and enjoy a quiet session of peace with like-minded people. We'll start the session with a short guided meditation, followed by Q & A period, and then we will go into a longer 30 minute meditation.

The Inside Secrets of Astro.com: Best Free Astrology Site on the Web!

Kelly Davidson, Thurs. March 7, 6:30-8:30 pm, \$20
Come join Astrologer, Kelly Davidson, for an evening exploring the heart of Astro.com, a world-wide popular site and its inside secrets. Kelly will take you through many of the offerings and valuable tools, including: astrocartography, Natal and Progressed charts, Solar returns and much more.



Reverse All Engines! Tarot Reversals Simplified

Paul Richard, Fri. March 8, 7-8:30 pm, \$12
What do you do when you get an upside down (reversed) Tarot card in your reading? Forget the complicated books teaching dozens of ways to read a reversed card. Paul will teach you a few simple techniques that will empower your Tarot work with new life and insight. PaulHRichard.com

Eating In Season The Ayurvedic Way

Katrina Johnson, Sat. March 9, 11 am-1 pm, \$20
Learn how the Ayurvedic doshas of Vata, Pitta, and Kapha are inextricably intertwined with the digestive process and with the cycles of time and why it is important to eat in accordance with the seasons. Eating in season directly supports us in health and wellness and is often more cost-effective. too.Pranamam.biz



Simple Steps for Starting Over

Cheryl Maloney, Sat. March 9, 2-5 pm, \$30
Starting over? Traditional definitions of retirement, relationships and success have changed. Your ability to live a meaningful, abundant and joyful life has not. If you find yourself starting over join us for this liberating event and discover the limitlessness of your life! SimpleStepsRealChange.com

Animal Hospice: The Art of Being Present When Your Pet is Crossing the Threshold

Ute Luppertz, Sat. March 9, 7-8:30 pm, \$12
Explore the spiritual-emotional dimensions of caring for an ailing or dying animal. Learn about the different stages of dying and what you can do to create a sacred space for your pet and be of utmost presence. PetsPointOfViewweb.com



Store Hours
M-Th & Sat. 10 am-9 pm;
Fri. 10 am-9:30 pm; Sun. 10 am-6 pm



Soul Song Ignitor: Light the Fire of Your Heart's Desire

Susan Glavin, Sun. March 10, 1-4 pm, \$30
Susan Glavin, Soul Song Ignitor will lead you on a sacred journey inside where you will know your magnificence, bring to fruition your deepest heart's desires and have a deeper experience of your mastery in the world. SusanGlavin.com

New Connection Wellness Night

Satsang: Active Awakening in the Real World
Eric Altman, Tues. March 12, 7-9 pm, \$10
We are already awake — it is about claiming that and living in alignment with your true self. In a safe and playful environment, Eric Altman helps identify and release deeply held patterns, thoughts and limitations. The evening includes a Heart Field Healing meditation to initiate growth and movement. EricAltman.com

The Spirit of the Wolf & The InStar Medicine Wheel

Linda Star Wolf, Thurs. March 14, 7-8:30 pm, \$12
Linda Star Wolf, renowned shamanic guide and creator of Shamanic Breathwork®, will share her wisdom teachings and lead a mini-journey to connect with your spirit guides and creature teachers from her two newest books, *Spirit of the Wolf* and *Sacred Medicine of Bee, Butterfly, Earthworm & Spider: Shamanic Breathwork.org*

Maharishi Light Therapy with Gems

Eva Bergmann, Fri. March 15, 7-8:30 pm, \$12
Light Therapy with Gems is a profound and effective new healing modality based on the ancient traditional ayurvedic knowledge of gemstones. Eva Bergmann shares her knowledge and experience of this exciting technology that has brought health benefits and greater vitality to thousands of people in Europe and throughout the world. GemLight.dk

Journey To Your Soul in the Akashic Records

Teri Utkens, Sat. March 16, 10:30 am-1:30 pm, \$30
Each of us knows there is a purpose to our lives and yet we can spend a lifetime trying to define what it is. Teri lifts the veil of secrecy on how to access your Soul Book in the Akashic Library, opens the door for you to explore beyond the Library walls, and introduces you to the wonderful beings waiting to guide you on your path. SpiritWithinUs.com

The Mirror of Consciousness: An Introduction to Vedic (Jyotish) Astrology

Audra Lee, Sat. March 16, 2-4 pm, \$20
In this interactive workshop Audra Lee presents an alternative method of understanding Jyotish (or vedic astrology, the science of light). You will explore finding the correct spiritual path for your true nature, increasing your ability to cope with stress, determining your "right work," harmonizing relationships and understanding disease tendencies. QuantumChanges.org

Aura Reading Party

Martha Sears, Sat. March 16, 7-8:30 pm, \$12
Your aura is your energetic blueprint; it protects us and helps us align our frequencies to our environments. Come join the party as we color pictures of our auras and see, read, cleanse and heal the aura through interactive exercises. NSTransformation.com

Shamanic Breathwork®: Journey with the Spirit of the Wolf and InStar Medicine Wheel

Linda Star Wolf, Sun. March 17, 2-5 pm, \$30
Join Linda Star Wolf in this powerful workshop of shamanic wisdom teachings of Wolf Spirit and Sacred Insect Medicine. Using the powerful Shamanic Breathwork®, you will journey to connect with these spirit guides and creature teachers to learn their qualities and lessons. ShamanicBreathwork.org

Soul Energy Power: Three Practices to Build Energy, Stamina, and Vitality!

Terry McGill, Wed. March 20, 7-8:30 pm, \$12
Want to look and feel younger? Have more energy? One practice could do that: build a Jin Dan. Jin means golden. Dan means light ball. You are not born with this energy center — but you can create it tonight! IWillHealMyself.com

Discovering Your Own Money Story

Connie Hill, Thurs. March 21, 7-8:30 pm, \$12
What is your relationship with money? How does it influence your emotional, spiritual, and material life? Through interviews, stories and reflection offered in her book, *Money Stories*, Connie details the paths others are taking to transform the role of money in their lives. GNFinance.com



Sacred Dance of PanEurhythmy: Spiritual Dance of Transformation

Morelle Forster, Fri. March 22, 7-9 pm, \$20
PanEurhythmy (Divine Cosmic Rhythm) is a beautiful and esoteric exercise-dance. Come learn the simple steps and graceful movements of this powerful and unique spiritual dance of transformation and connection to Divine Consciousness. PurposeOfLifeOnEarth.com

Cracking the Prosperity Code

Dawn Lianna, Sat. March 23, 11 am-2:30 pm, \$35
Focus on uncovering and changing our limiting beliefs around money, wealth, and abundance. Learn the structure of beliefs, what holds them in place, and how to create empowering beliefs that help you get what you really want. IntuitiveCallings.com

Rabbis, Resurrection and Easter Eggs: Fertility Rites of the Goddess of Spring

Ingrid Kincaid, Sat. March 23, 6-8:30 pm, \$25
Spring is a wild, wanton, fertile time of year when our ancestors celebrated the return of warmth and new life by honoring the Goddess of fertility and sexuality. It is She who rises anew each year. Explore the lore of the Goddess and the meaning of her sacred symbols. TheRitesRevealed.com

Integrating Spirit: Resurrecting the Master Being Within

Diana Byrnes, Sun. March 24, 2-5 pm, \$30
We are in a time of great spiritual and planetary renewal. You have a Master within you. A Divine being. In this class I will guide you through exercises, visualizations, and sound meditations to help you recognize and create a deeper relationship with your Higher Self. DianaByrnes.com

New Connection Wellness Night: Easing Symptoms of Male and Female Menopause with Reiki/Flexology

Craig Ronshausen, Tues. March 26, 7-9 pm, \$10
Menopause happens to both women and men. Help yourself and your partner through these physically and emotionally trying times. Reiki combined with Reflexology is a hands on and drug-free simple approach to reducing menopause symptoms for men and women. Reiki-Reflexology-Rejuvenate.com

Full Moon Drumming Circle: For Peace and Healing

Connie Hill, Wed. March 27, 6:30-8 pm, \$12
Drumming helps clear and shift energy, helps release what is no longer needed in our physical, mental, emotional, and spiritual bodies. Bring a drum, rattle or other percussion instrument. GNMint.com

Conversation with GodLight: An Experiential

Elle Collier Re, Sat. March 29, 7-8:30 pm, \$12
GodLight is the new. It encourages your renewal, your fullness and your goodness. This is about teaching and entering the kingdom of the heart of your Soul, your true Nature. Elle listens to the inner heart of God-Spirit and offers a manner in which to enter its converse. TheHeartGate.org

So You Think You Can Breathe? Better Breathing for Energy and Vitality

Emily Olson, Sat. March 30, 10:30 am-12:30 pm, \$20
Within each of us lies the ability to breathe deeper and feel better. This class will explore safe, energizing breathing and movement techniques that give you an opportunity to breathe deeply more mindfully, and feel great. PotentialsYogaStudio.com

Conversation with GodLight: Keys to Inner Awareness

Elle Collier Re, Sat. March 30, 1-5 pm, \$40
GodLight will shine and assure your access to the absolute. You will be Moved and Spoken into. This training awards an option to rise into full on in the moment, attention in order to open into a very intricate next level of awareness.

From Pink to Blue: Discovering Your Child's Potential

Marilyn Lawrence, Sat. March 30, 7-8:30 pm, \$12
Come hear Marilyn Lawrence, spiritual author and teacher, discuss her latest book, *From Pink to Blue*, which explores the idea that from a young age children are formed into a conventional lifestyle to meet the needs and comfort levels of people around them. By encouraging them to seek their own direction, they will flourish and enhance society in their own ways.



NRB is closed Sunday, March 31 for Easter

Events to Enlighten, Educate and Entertain

For full event descriptions and to register go to
newrenbooks.com or call (503) 224-4929.

April Events



Drop-In Meditation

Ean McClane, Wed. April 3, 10, 17 & 24, 5:30-6:30 pm, FREE

Drop by after work and enjoy a quiet session of peace with like-minded people. We'll start the session with a short guided meditation, followed by Q & A period, and then we will go into a longer 30 minute meditation.

Introduction to the Destiny Cards

Raina Rowland, Wed. April 3, 7-8:30 pm, \$12

Join Raina for a fun and insightful introduction to the Destiny Cards and what they say about YOU! Using just your birth date, your Birth Cards give accurate details about your highest potential and innate gifts. Become empowered to live your life from your heart knowing this valuable information is already within you.

The Fourth Way: An Exploration of the Gurdjieff Work

Dr. Jacob Needleman, Sun. April 5, 7-8:30 pm, \$12
A hundred years ago G.I. Gurdjieff introduced a teaching unlike anything known or heard of in the modern world. Gurdjieff's fundamental aim was to help human beings awaken to the meaning of our existence. Dr. Jacob Needleman will introduce these teachings and explain Gurdjieff's system called "the Work" or "The Fourth Way."

Understanding Your Sensitive Nature

Theresa Carmody, Sat. April 6, 1-4 pm, \$30

If you're not sure whether you are a highly sensitive person this workshop will help answer your questions. If you want to learn more empowering ways to perceive this trait and strategies for dealing with its challenges this workshop will be for you. TheresaCarmody.com

Dietary Fat: Facts and Fallacy

Nora Gedgaudas, Sat. April 6, 7-8:30 pm, \$15
Dietary fat has been treated like a villain for the better part of the last century by medical authorities, the USDA and other mainstream nutritional authorities. Dietary fat is demonstrably central to our most basic energy needs. Come hear Nora Gedgaudas, the author of the critically acclaimed international best-selling book, *Primal Diet*, *Primal Mind*, *PrimalMend.com*

The Muse Is In: An Owner's Manual to Your Creativity

Jill Badonsky, Sat. April 7, 1:30-4:30 pm, \$30

Meet Jill Badonsky, a multimedia artist/illustrator, poet, playwright, storyteller and your personal mechanic for creativity. In this wonderfully quirky and creative workshop, Jill will help you get through common creative malfunctions such as procrastination, perfectionism, self-sabotage, overwhelmed thinking, idea bankruptcy, and the dreaded no-clue-where-to-beginism. TheMuseIn.com

Lead Yourself First! Breakthrough Strategies to Live the Life You Want

Michelle Ray, Tues. April 9, 7-8:30 pm, \$12
Lead Yourself First! is Michelle Ray's wonderful book filled with engaging stories and advice to help people everywhere to live life to the fullest and take the lead in any professional or personal challenge. Michelle Ray is the Founder and CEO of Lead Yourself First Institute. LeadYourselfFirst.com

Year of the Snake: Shedding the Old and Evolving In To The New You

Kelly Davidson, Wed. April 10, 6:30-8:30 pm, \$25

Expect an inward journey and a true release of past blockages in 2013. Slow, steady and focused with the race in the year of the Snake. Using astrology and collage we will explore that spiritual purpose linked to your true life's passion. The North Node aspect of your astrology chart is the compass that guides you towards success and fulfillment.

As We Think, So We Are

Dr. Ruth Miller, Fri. April 12, 7-8:30 pm, \$12
Dr. Ruth Miller will be discussing her new book, *As We Think, So We Are*, which delves into James Allen's seminal theories of metaphysics. Allen introduced millions in the last century to the Law of Attraction. In *As We Think, So We Are*, Dr. Ruth demonstrates Allen's writing to be as important and life changing today as it was a hundred years ago.

Communicating with Our Reiki Guides

Colleen Benell, Sat. April 13, 11 am-4 pm, \$50

Through guided meditations and journeys with Reiki, students will become more aware of their particular way of communication with their Reiki Guides. ReikiLifestyle.com



Singing into Bone: Ceremony of Surrender and Renewal

Rebecca Singer, Sat. April 13, 7-8:30 pm, \$12, limited to 25, register early

Through drumbeat, tones, and vocals, you'll be sung down into your bones to experience an altered state of consciousness. This ceremony is designed to give you visions of who you came to be. ShamanicEnergy.com

Therapeutic Yoga for Back Pain and Tension

Lyn Delmaso, Sun. April 14, 11:30 am-2 pm, \$25

If you frequently experience back pain, have difficulty sitting for very long without discomfort, often have a sore neck and shoulders or have a physical injury that hasn't resolved, this workshop is for you! This workshop will introduce you to the principles of yoga therapy, which uses smaller and simpler movements than traditional asana practice. BodyInBalanceNW.com

Rune Shamanism and The Norse Spirit Wheel: Powerful Wisdom for a Changing World

Ingrid Kincaid, Sun. April 14, 3-5 pm, \$20

Shamanism and Medicine Wheels were part of the spiritual practices of the indigenous peoples of Old Europe and the British Isles. Many of these ancient teachings have been forgotten and ignored. During this time of great change and upheaval a return to this wisdom can show us how to bring our spirituality back down to earth so we can reconnect with our roots and our ancestors. TheRunesRevealed.com

Open Your Spiritual Channels ... Tonight

Terry McGill, Wed. April 17, 7-8:30 pm, \$12

The key to opening your spiritual channels is to speak soul language and you can learn to do that tonight. Terry will clear blockages in our soul language channels as we practice speaking our soul language. IWillTeachMyself.com

The Five Levels of Attachment

Don Miguel Ruiz, Jr., Fri. April 19, 7-8:30 pm, \$15

By decoding the levels of attachment we are able to find clarity, letting go of those beliefs and ideas that distort reality. Don Miguel Ruiz, Jr. shares the Toltec Oral Tradition that was handed down to him from his teachers, his grandmother, Madre Santa, and his father, Don Miguel Ruiz, author of *A Course in Miracles*.

Dowsing For Your Treasure

Joan Lemont, Sat. April 20 11 am-1 pm, \$20

What do you treasure and how can dowsing help you find it? Dowsing can be applied to help you answer many questions and achieve goals. So what is dowsing and how does it work? You will participate in a peaceful meditation to relax and open your intuition. Bring Joan your questions and we will begin a fun and exciting journey of exploration not to be missed!

Events & Readers continued on next page.

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March-April Readers

Dawn Lianna, Intuitive Readings

March 1, 9, 15, April 20, \$125/hr. or \$65/half hr.

Intuitive Readings \$125/hr. or \$65/half hr.

Using her intuition, Dawn looks "in" clairvoyantly and uses the pictures, feelings and sounds she picks up to give you insight into your direction and purpose and answers to your questions. She has a fun, enjoyable style.

Private Intuition Training \$125/hr.

Learn how to empower and follow through on your intuitive hits, trust yourself fully and connect with your guides and angels. Dawn teaches you how to open to your intuition and clear your core issues, so your intuition can flow better. IntuitiveCallings.com

Paul Richard, Evolutionary Astrology with Tarot Readings

March 1, 16, 22, \$150/90 min., \$125/hr. or \$65/half hr.

Combining both astrology and tarot in his readings Paul helps you to hear the deepest longings, messages and wise guidance of your Soul as you face the challenges of the present and seek your highest good for the future. PaulRichard.com

Autumn Edwards, Energy Readings & Psychic Counseling Sessions

March 2, 23, April 6, 20, \$90/hr. or \$50/half hr.

Melding multiple traditions from shamanism to alchemy into a unique practice, Autumn Edwards uses an intuitive process to bring through universal energy for spiritual healing and psychic reading. AnahataMedicine.com

Carin Psychic Readings

March 2, 9, 28, April 5, 22, 25, \$111/hr. or \$60/half hr.

A reading with psychic clair-cognitive, Carin Kvinge, is always compassionate and earned. She'll connect with your guides and hers to help you answer your deepest questions. PsychicCarin.com

Ralph Gardner, Intuitive Readings

March 3, 12, 20, 28, April 9, 10, 16, 29, \$100/hr. or \$60/half hr.

Ralph uses his gifts of clairvoyance and intuition to align with your Guidance providing images and messages offering clear, concise directions. He will engage with you a powerful clarity enabling you to move forward in your life's direction.

Anna Abraham, Chakra, Tarot and Archangel Readings

March 4, 11, April 1, 8, \$85/hr. or \$55/half hr.

Anna sees into the visionary portals of the chakras and offers transformational readings combining chakra visions, mystical insights of the Tarot and the light inspired guidance of the archangels to help you on your soul's journey. MasterEnergyHealer.com

Kelly Davidson, Astrological Consultations

March 4, 11, 19, 21, 25, April 1, 6, 14, 16, 26, 30, \$150/90 min., \$125/hr. or \$65/half hr.

Depending on the nature of your question, or particular challenge, Kelly will interpret the astrological influences currently affecting your life, show you how to recognize and utilize the opportunities that are coming your way, and align yourself with planetary influences.

Theresa Carmody, Sacred Circle Tarot and Relationship Readings

March 5, 12, 21, 26, April 9, 23, \$125/hr. or \$65/half hr.

Theresa has the ability to see into the realms of potential and discern information that assists you on your life path. To help with relationship questions, Theresa sees patterns of connection and ways to alter those patterns to create greater peace and harmony. TheresaCarmody.com

Brother Ed Del Arroyo, Akashic Readings

March 5, 6, 26, 27, April 2, 3, 23, 24, \$100/90 min.

Brother Ed Del Arroyo draws cosmic information from a variety of sources, like your Akashic Records, spirit guides, ancestors, astrology, and past lives, so that you can get what you need for closure and progress in health, relationships, and overall evolution. RootOfTheLotus.com

Jen Elliott, Numerology Readings

March 6, 20, 25, April 3, 10, 17, \$150/90 min., \$100/hr. or \$50/half hr.

A Numerology reading is like a computer print-out of one's Soul DNA. It reveals the core of who you are, the gifts and flaws you are born with, the challenges to overcome and the best path to follow. Computations from a person's name and birth date will reveal their true life purpose.

March-April Readers

Judith Hill, Astrological Readings

March 7, April 11, \$160/hr. (includes 2 hours prep time)
An internationally recognized scholar, author and researcher, Judith offers you expert vocational, natal, spiritual, medical or transit readings.
judithhillastrology.com

Jo Garceau, Shamanic Astrology Readings

March 8, 19, 29, April 8, 17, 25, \$150/90 min., \$115/hr. or \$65/half hr.
Shamanic Astrology is based on the idea of "As Above, So Below, As Within, So Without." Thus, during your reading we will utilize archetypal imagery to look at what you brought into life, your current gifts and challenges, your life intent/purpose and what's keeping you from it. KnowingWoman.com

Jerry Henderson, Intuitive Tarot Readings

March 8, 16, 24, \$110/hr. or \$75/half hr.
Jerry Henderson is a gifted intuitive reader who will lead you to find useful answers regarding relationships, career and your spiritual journey.
jerryhenderson.com

Ute Lupertz, Animal Communication

March 10, April 13, \$120/hr. or \$65/half hr.
Have you sometimes wondered what your animal is trying to communicate to you about her behavior, feelings and thoughts? Animal communication can bridge the gap, provide profound insights and deepen your understanding and bond with one another. Please leave your animal friend at home.

Ingrid Kincaid, Shamanic Rune Readings

March 13, 18, 29, April 12, 15, \$120/hr. or \$65/half hr.
Runes are powerful symbols that are rooted in earth wisdom, nature and the cycles of life. During a reading, Ingrid connects with the old gods of her European ancestors and the spirits of the runes asking them for information and guidance that will support you on your path. TheRunesRevealed.com

Jane Roberts, Life Purpose Hand Analysis Readings

March 14, 22, April 4, 18, 24, \$110/hr. or \$65/half hr.
"You are a form for personal and professional fulfillment, it is written on your body in the form of your unchangeable fingerprints. If you have the courage to discover the answer to the question 'Who am I?' once and for all, come discover how your life is literally in your very own hands. Certified Hand Analyst, Jane Roberts, can guide you on your journey.

Luis Navarrete, Matrix Energetics Sessions
March 14, 23, 30, April 4, 18, 30, \$90/hr. or \$45/half hr.
Matrix Energetics is a powerful consciousness technology using quantum physics to transform one's life, health, career, family and relationships. Instantaneous and lifelong transformation at the physical, mental, emotional, and spiritual levels becomes easy and fun. Luis-Infinite-Universe.com

Raina Rowland, Cards of Destiny Readings

March 15, April 5, 26, \$110/hr. or \$55/half hr.
In a session with Raina the Destiny Cards reveal past, present and future information about your life, including love, finances, work and health.
MagiCardsOfDestiny.com

Eva Bergmann, Maharishi Light Therapy with Gems Healing Sessions

March 17, 18, 19, \$160/hr.
Light Therapy with Gems enlivens the inner intelligence and the body's ability to heal itself. People experience a variety of benefits from the different treatments. Many have reported good results for a variety of conditions and many experience feelings of light, intelligence, warmth and love.

Diana Byrnes, Intuitive Readings

March 22, April 12, 19, \$120/hr. or \$60/half hr.
Diana is an intuitive reader, energy worker, clairaudient, clairvoyant and a direct channel to spirit. See her when you'd like to release old energy patterns, open up your energy field and empower yourself to change. DianaByrnes.com

April Events (continued)

The Five Levels of Attachment: Toltec Wisdom for the Modern World

Don Miguel Ruiz, Jr., Sat. April 20, 2-5 pm, \$40
We have all made agreements about how we choose to live our lives and what we believe our personal truths are. But what we may not realize is that each one of these agreements represents an attachment. Building on the principles found in his father's bestselling book *The Four Agreements*, Don Miguel Ruiz, Jr. will teach you to make new agreements that are more in line with your true Authentic Self. MiguelRuiz.com

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Special Guest Readers

Martha Soria Sears, Aura Readings

April 7, \$120/hr. or \$65/half hr.
Our aura holds information about our spirit's journey through the ages. Martha was born with the ability to see auras. Your session with Martha can span any area of life, present, past, future, and even past lives. Come and find out what your Aura is saying about you and your life's journey. NSTransformation.com

Rebecca Singer, Energy Readings based on Shamanic Healing Practices

April 13, \$85/hr. or \$45/half hr.
Using her hands as auric sensors Rebecca is able to observe the energy flow in and around your body and bring back information to you regarding physical health, ancestral or karmic issues and life purpose.
ShamanicEnergy.com

Katrina Wynne, Tarot Consulting and Dream Analysis Sessions

April 19, 21, 22, \$100/hr. or \$60/half hr.
Katrina combines over 40 years experience with the Tarot and other metaphysical traditions with 25 years as a mental/spiritual health counselor to support your most wonderful life. With wisdom and compassion, she assists you in integrating the challenges and blessings from your session. TarotCounseling.org

Robyn Fritz, Intuitive & Crystal Consultations

April 27, \$125/hr. or \$65/half hr.
Consultations with intuitive Robyn M. Fritz MA, MBA and Fallon, the Citrine Lemurian Quartz, use their Mindset Alchemy process. It combines intuitive insight, crystal energy healing, Fallon's multi-dimensional energy and compassion, and practical life, creativity, and business coaching. AlchemyWestInc.com

Alynn Halverson, Tarot Consulting and Angelic Readings

April 28, \$111/hr. or \$65/half hr.
Alynn is certified in Angelic Healing, Angelic Reading and Mediumship and is currently a student of Aromatherapy. Alynn has been reading the Tarot for the last 30 years and currently does Elemental Tarot Readings in conjunction with Aromatherapy.

Lenormand Cards: Classic Cartomancy

Katrina Wynne, Sat. April 20, 6:30-8:30 pm, \$20
Lenormand cards are sweeping the US as the hottest new reading deck and style. This classic cartomancy system of 36 cards was popularized by the French court of Napoleon. This is a hands-on workshop and materials will be provided. TarotCounseling.org

Earth, Air, Fire, Water: Connecting to the Elements Through Ritual and Song

Karen Heffer, Sun. April 21 10:30 am-12:30 pm, \$10
Connecting to the Elements is a vital practice; it will change your life—bringing balance, wholeness, and a sense of peace. Join Karen Heffer as she leads you to explore the elements using guided meditation, song and ritual to help you discover your own personal connection to the Elements.

Introduction to Mantra Chanting

Nadeka and Gopika, Sun. April 21, 1:30-4:30 pm, \$30
This wonderful workshop introduces the chanting of Vedic mantras and the beautiful musical language of India. Participants will learn simple and profound mantras through an ancient technique that has been passed down unchanged for centuries and explore through collective singing the power of sound and its purifying influence.

Steps for Natural Vision Improvement

Meir Schneider, Ph.D., L.M.T., Wed. April 24, 6:30-8:30 pm, \$20
A practical lecture and demonstration on decreasing visual stress (especially in front of the computer) and improving your vision.

Full Moon Drumming Circle: For Peace and Healing

Connie Hill, Thurs. April 25, 6:30-8 pm, \$12
Drumming helps clear and shift energy, and helps release what is no longer needed in our physical, mental, emotional, and spiritual bodies. Bring a drum, rattle or other percussion instrument. GNMite.com

Space Cooperating: Space Clearing for Healthy Homes, Businesses, and People

Robyn Fritz, Fri. April 26, 7-8:30 pm, \$12
Get an edge in your life with Space Cooperating! — space clearing that meshes your space's needs and wants with yours. Come explore this new modality of space clearing and learn how to cooperatively create healthy spaces that nourish and inspire healthy intuitive lives. AlchemyWestInc.com

Soul Matrix: Singles Building Healthy Relationships

Carol Marleigh Kline, Sat. April 27, 10:30 am-12:30 pm, \$20
Do most of your relationships crash and burn after three to six months? Do you keep falling for people who remind you too much of former boyfriends or girlfriends? In a lively interactive workshop, Carol Marleigh Kline shows how to improve the chances of finding your soul mate.

Tarot is Elemental, My Dear: Discovering the Elemental Energies within The Tarot

Alynn Halverson, Sat. April 27, 2-5 pm, \$30
Each Suit within The Tarot holds the essence of a particular elemental energy. The Suit of Cups holds the energy of Water. Is there too much Water in a reading? Can this energy be shifted to bring in other elements? You will follow the Elemental Flow through The Tarot, as well as understand who you are in the deck and how these energies affect your everyday life.

Sudden Awakenings

Eli Jaxon Bear, Sat. April 27, 7-8:30 pm, \$15
Eli Jaxon Bear is a crucial messenger in our time of the absolute love that animates the substance of every moment. *Sudden Awakenings* is a magical mystery tour of the inner mind as Eli infuses the teachings of liberation with his teacher's living transmission of silence.

Re-invent Your Intent: Writing a New You Storyline

Jo Garceau, Sun. April 28, 1-5 pm, \$40
In this timely 2013 writing workshop, Jo Garceau, New Ren's own Shamanic Astrologer, will encourage you to take a look at "Who Am I" right here, right now, then, explore the idea that "Something Wonderful is Happening" to stimulate your imagination and dreams, and, finally, "What's Gotta Go", to release the things or relationships that are impeding your progress or have just reached the end of their usefulness. KnowingWoman.com

New Connection Wellness Night

What Should I Wear: Making Mindful Color Choices
Brenda Christine, Tues. April 30, 7-9 pm, \$10
Learn what colors can ground you, what colors enhance romance, negotiations, communication and many more aspects of everyday living. This fun and informative class focuses on how to select clothing and jewelry, based on the properties of chakra colors to support you in your daily life. GreshamWellnessCenter.com

May Events

Drop-In Meditation

Ean McCane, Wed. May 1, 8, 15, 22 & 29, 5:30-6:30 pm, FREE!
Drop by after work and enjoy a quiet session of peace with like-minded people.

Beltane: When The Maiden Of Spring Blows Hot And Cold And The Great Bonfires Are Lit

Ingrid Kincaid, Wed. May 1, 7-9 pm, \$20
Beltane is that time of year when the Other World intrudes on ours in many magical ways. Learn the lore and lure of May Day, one of the four fire festivals celebrated in Celtic tradition. TheRunesRevealed.com

Lifting the Veil on Night Shift Dreams

Meredith Smith, Fri. May 3, 7-8:30 pm, \$12
Many people have the gift of mediumship within their dreams. This night shift work takes place during the same hours as we sleep when our physical bodies rest, our soul astral travels through dimensional realms existing beyond this waking one. ISpeakInDreams.com

Are You Reversed?

Brownen Felsina, Sat. May 4, 10:30 am-12:30 pm, \$20
Reversal is a common situation where a person's energy is literally going the opposite or scattered direction. When your energy is moving in the forward or correct direction, you have a chance to embrace real progress and Light. AreYouReversed.com

StarScope by Emily Trinkaus



Emily Trinkaus

Surrender and Passion

This year, March comes in more like a fish than a lion. Seven planets converge in the sign of the fish at the Pisces new moon on March 11, testing your ability to go with the flow. Whether you experience this deluge as ecstatic or anxiety-producing depends on your comfort level with the water element. Confusion

is part of the picture — it compels you to expand beyond the confines of your limited mental perception and surrender to the mysterious flow of life.

Spring equinox on March 20 signifies the astrological new year, and shifts the elemental emphasis to fire. Notice where your vitality and passion are calling you, clarify your desires and commit to a course of action. The energy builds toward a powerful lunar eclipse in Scorpio on April 25, stirring up deep emotions and bringing to awareness the attachments that no longer serve you.

Personal Sun and Ascendant Messages

Aries (March 21 - April 19)

Some friction could arise between your passionate focus on personal goals, and the reality of responsibilities in work and partnership. The friction can be productive, and ultimately work in your favor, if you keep your focus on mutual support and empowerment. Deep listening to others' needs and desires opens the door to creative solutions. Sensitive communication is key.

Taurus (April 20 - May 20)

Think of the next two months as a space-clearing, a time for inner and outer purification of what's become stuck or stagnant. You're preparing for a major rebirth in May, and you'll want to start your new cycle with a clean slate. You're drawing to yourself friends and allies who can help you transform limiting perceptions, especially related to money and other resources.

Gemini (May 21 - June 21)

Your cycle of expansion continues, as you get your message out to a wider audience, although your path may take you in an unexpected direction. Getting more disciplined in your daily schedule, including strengthening your commitment to self-care routines, will help you flow more easily with the changes in your work life. When your mind feels peaceful, it's easier to discern when to take control, and when to surrender.

Cancer (June 22 - July 22)

Healing your heart is your assignment for the next few months — dissolving old defensive patterns to allow for more fun, spontaneity and creative expression. Find support for this process in your connection with source energy. Take time to nurture feelings of magic, timelessness and unconditional love through art, dance, music, meditation and dream work.

Leo (July 23 - August 22)

Tuning into what's happening on a deep, mysterious and subtle level will provide a more reliable compass than how things appear on the outside or from a more logical perspective. This orientation will be especially helpful in navigating work and long-term goals, where you're being called to make foundational shifts to realign with your passion and purpose. The April 25 eclipse signifies a turning point in this process.

Virgo (August 23 - September 22)

Relationships could be an arena of major confusion. There's a deep longing for increased spiritual connection and a new, more fulfilling way of relating — but you may not know what any of that actually looks like. Make peace with swimming in the mystery as you experiment and explore your options. Keep communicating your needs and desires as they arise, even if they change as soon as you voice them.

Libra (September 23 - October 23)

Alongside the possible currents of chaos and confusion, there's an emerging awareness of hidden talents and resources.

In fact, the unraveling of familiar routines — while uncomfortable and destabilizing — may even help you access this goldmine of previously untapped power. An essential part of this process is expanding your perception of your own self-worth.

Scorpio (October 24 - November 22)

The April 25 lunar eclipse in your own sign suggests a crossroads. You may become aware of ways that you've identified yourself, or projects you've committed to, that no longer feel authentic. There might be some changes you've been thinking about making for a long time — and now that time has come. You're under pressure to take responsibility at a deeper level for directing your own destiny. Let your passion be your guide.

Sagittarius (November 23 - December 21)

If your foundation feels slippery and unsettled, avoid the temptation to put on a happy face and keep on keeping on. There's so much brewing behind the scenes for you, and although there might be a lot of outer-world activity — especially in relationship-land — the true headline is within your own depths. Intentionally reach out to and connect with people who can help you discover more of your inner world.

Capricorn (December 22 - January 20)

The part of you that's more dreamer than pragmatist is coming alive and calling for attention. Give yourself permission to let your mind wander as you imagine and envision your ideal future. Dreaming is actually very productive, providing a roadmap for where and how to focus your energy when it's time to act. And, you can better attract allies to help you achieve your goals if you're clear about where you're going.

Aquarius (January 21 - February 19)

You're being challenged to take a spiritual, intuitive, feeling-based approach to the most practical areas of life — career and money. When you let go of control, and pursue your desires from a place of ease and receptivity, you increase your ability to create success. The April 25 eclipse brings to fruition or culmination an important work project, and could signify a turning point in your career.

Pisces (February 20 - March 20)

You've got powerful cosmic support for harnessing and focusing your compassion, innate healing abilities and unconditional love in service to the greater good. Rather than simply holding a vision, set a series of distinct, tangible goals and commit to a realistic timeline. Ask a trusted friend to help you see your own strengths, and to help you follow through on realizing your goals.

Emily Trinkaus, author of *Creating with the Cosmos: An Astrological Guide to Awakening and Enhancing Creative Power*, offers astrology readings and classes, including an apprenticeship program. Subscribe to her astrology blog at www.virgomagic.com.

The NEW CONNEXION Astrology Forecast

AstroMark by Mark Dodich



Mark Dodich

Stay Grounded During a Bumpy Spring

Spring is loaded with constantly shifting planetary energies, so prepare your mindset to adapt on the fly. Since you cannot plan too far ahead with these swirling frequencies, it is critically important to live in your centered God within.

Although you will feel like you are walking down the aisle of an airplane flying through turbulence, don't fall into negative thought patterns about this apparent instability. Know that there are abundant opportunities if your head and heart are clear and aligned. You can discern the best choices rather than getting caught up in the impulsive and emotionally reactive behaviors of the sleeping masses.

March begins with Mercury retrograde in psychic Pisces until St. Patrick's Day on March 17. Use the introspective nature of this cycle to improve your meditation and prayer practice.

Important choices are popping up this spring, and you won't have a lot of time to analyze the best direction. Intuitive development activities help you strengthen your connection to divine source, making it easier to make wise, quick decisions.

After spring equinox on March 20, the fire element increases your passions to kick it into high gear. Romantic planets Venus and Mars align in Aries to help you pioneer new paths, be it in your love life or material ambitions. Near the full moon on March 27, the energizing Sun aligns with expect-the-unexpected Uranus. Forty percent of the planets used in astrology are racing through I-want-it-yesterday Aries.

My Polish grandmother would tell you to get your dupa moving (do you really need a translation?). Use this get-up-and-go stimulus to begin new projects. But remember — enthusiasm, creativity and passion are required. Doing something because you "should do it" will not fuel the fires. When your heart is not engaged, results are muted or nonexistent.

The impulsive enthusiasm begins to calm down shortly after tax day on April 15. If the projects or people you chose in March have lasting value, you will go to a deeper and more productive level. If not, they fall away in some partial state of completion.

The earth element signs of Taurus and Capricorn are strong now, suggesting the need for tangible accomplishments. As asteroid goddess Pallas, a strategic warrior-planner, helps you create a solid blueprint for the path ahead as she moves through practical Taurus through May.

On the worldly level, it is time to stop talking and begin working toward pragmatic, but oftentimes unexciting results. The reward is that you will feel better

when you can physically see what you accomplished. On the spiritual level, you are choosing to step into higher values to produce greater beauty in your life. Together, you create a higher vibrational lifestyle that nourishes both your body and soul.

Of course, this shift requires you to clear anything from the shadow side of your being to eliminate blocks to your success. The tool to accomplish this is a lunar eclipse in Scorpio and Taurus on April 25. It is also the first of three eclipses over the next 30 days.

Eclipses are effective about three months before and after they occur. Lunar eclipses dredge up your deepest emotions, pulling you apart to put you back together in a better way. The April 25 eclipse is more intense, but less fun than the May 25 lunar eclipse.

Think of it as the book end opposite of last November's red eclipses (school shootings, deaths in Syria and General Petraeus scandal). Hold a positive thought that the world has improved perspective to create productive solutions now rather than more of the same painful events.

On a personal level, review your life in autumn 2012 and look at your progress. If there has not been movement forward, expect a wake-up call from the cosmos. If you have made progress on healing old wounds and creating a new and improved you, then you are motivated to take it to a whole new level. The upcoming May eclipses will help you open to greater possibilities.

In summary, the forecast for March and April is as shifting as the weather is at this time of year. Increase activities that strengthen your connection between earth and spirit. This helps you bring spiritual ideals down into practical reality, and it helps transform your material world into spirit in action. Combine fun and productive work (note that the word fun was intentionally placed before the word work).

Mark Dodich has been a professional astrologer and intuitive consultant since 1980. His specialties include natal astrology, Astrocartography® relocation maps and seven year spiritual purpose astrology. Join Mark on a trip to sacred sites in Turkey in 2013. Receive his free AstroMark newsletter and download a free Basic Astrology Primer at www.astromark.com or call 503-252-1558.

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Astrology tip for spring:

You'll have warrior energy to support you in finding love and taking action. The planets are ready to help you weed out illusions and go with the winning plan.

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The Visionary I Ching

by Paul O'Brien

As a decision-making tool, the I Ching's outside-the-ego-box perspective helps a conscious person resolve problems and dilemmas that logic can't handle.

The I Ching, or Book of Changes, is a revered intuitive decision-making system, designed not only for insight into current conditions, but for managing change over time. Even though it is thousands of years old, it is one of the most sophisticated divination systems ever devised.

The first interpretations of I Ching patterns were written around 1000 BC, and were expanded on by Confucius around 600 BC. Throughout its long history, the I Ching has been used by Chinese sages, and political and military leaders, as a source of guidance and wisdom, and as a way to assist in strategic decision-making.

We are accustomed to thinking of oracles as human agents, like the Oracle at Delphi or the prophets of the bible—who have psychic powers and intercede with divine intelligence to channel portentous advice.

The I Ching is a system of divination that offers a special advantage, because its use does not require a third-party coming between seekers and their truth. It can be easily learned and used by anyone as a direct source of wisdom and guidance, a way to stimulate and awaken your own intuitive abilities.

I Ching Benefits

The only thing we can absolutely count on is that things will change—whether we like the ways things unfold or not. In an effort to be harmoniously in sync with the changes that happen, modern experts developed a discipline called “change



management.”

The I Ching divination system was humanity's original change management tool. When it comes to strategic decision-making, the I Ching offers us a way to stimulate our intuition, enhance our creativity, improve our timing and make better decisions.

Better decisions. Good decision-making more than any other factor determines our level of success and happiness in all areas of life. As we face more challenges, or when crises or emotional reactions start to flood consciousness, logical reasoning becomes inadequate, if not impaired. No matter how much information you think you have, it's normal to have doubts about whether or not you're making the best decision.

Consulting the I Ching provides direct access to timeless principles. The insights that arise make dilemmas easier to resolve. Additionally, the support provided by the I Ching helps make decisions easier to live with. Stressful situations transform into confidence-

building opportunities, and confusing relationship dynamics can take a turn toward greater clarity and understanding.

Mental clarity. The process of consulting the I Ching provides ritual space—a non-emotional mindset to articulate a question, problem or dilemma—in order to achieve greater clarity about what you really want and what it means to you. The simple act of getting clear about a charged issue is a large first step toward its resolution.

Non-attachment and greater objectivity. An I Ching consultation mediates between the reality of your dilemma and a sincere inquiring mind. Just doing the casting ritual will help you create some emotional distance from any problem or concern. The more nonattached you are, the less threatening things appear and the less impact the emotion of fear will have on your interpretation of what shows up in your reading.

You will see things from a wider perspective and become more objective. Skillful nonattachment gives you a powerful advantage in any situation, leading to more creative approaches and better choices.

Focused relaxation. Studies have proven that a calm state of focused relaxation is the best state of mind for intuition and creativity. The I Ching allows you to focus on issues of personal importance with less stress—aligning the conscious and subconscious parts of your mind so that they can coordinate with each other and connect with the spiritual dimension for maximum wisdom and effectiveness.

Clear intuition. The I Ching stimulates the intuition by giving your subconscious a way to produce a pattern. It is your interpretation of the pattern you cast that activates the intuitive sense. There is no

need to take the I Ching text literally. Often it hints at things or tweaks you when a new thought or insight just “feels” right. Using the I Ching is not a question of believing in anything. Think of it like a rudder on a sailboat or the nautical steering wheel—slightly imprecise but effective at guiding your vessel through rolling waves of change.

Answers that ring true. To derive benefit from an I Ching reading, all you have to do is be receptive to new thoughts that may arise. It is not necessary to believe in anything. Your interpretation of your reading will either stimulate your intuition and give you a meaningful insight or not. For thousands of years, intelligent people have reported that they find the insights and advice of the I Ching divination system to be amazingly apt.

Paul O'Brien, author of *The Visionary I Ching*, which is a modern, non-patriarchal version of the ancient oracle. He is the founder of the Divination Foundation, an educational non-profit that helps people and organizations make visionary decisions. Visit www.divination.com/freebook for a free copy of *The Visionary I Ching* ebook in pdf format.



The I Ching is a system of divination that offers a special advantage, because its use does not require a third-party coming between seekers and their truth. It can be easily learned and used by anyone as a direct source of wisdom and guidance, a way to stimulate and awaken your own intuitive abilities.



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Mysteries of the Ancient Past, Glenn Kreisberg, Inner Traditions, 2012, \$18

Mysteries of the Ancient Past is labeled as a Graham Hancock reader. Hancock is a British writer who specializes in unconventional theories involving ancient civilizations, stone monuments or megaliths, altered states of consciousness, ancient myths and astronomical/astrological data from the past. One of the main themes running through many of his books is the possible global connection with a "mother culture" from which he believes all ancient historical civilizations sprang. Glenn Kreisberg is the editor of this collection of 17 articles on a wide range of topics, all with themes similar to Hancock's unusual writing. One fascinating article, "The Case for the Daemon," speculates that one of our two brain hemispheres is actually an independent being (a higher self that watches over the lower self). A fascinating read.

— Alice R. Berntson

keeper of women's wisdom—a collection of rituals, herbs and nutritional prescriptions for keeping a woman's body healthy and strong throughout the journey from childbearing years to menopause. In *Wellness Strategies for the Menstrual Years*, Alexander debunks the culturally perceived notion of menstruation as a burden. Instead, we celebrate our moontime, a woman's period of heightened creative energy. We celebrate our sacred role as the giver of life. This book is a must-have gift for young women entering womanhood, and a treasure trove of information for all women to use monthly.



— Vicki Thompson



Power Crystals, John DeSalvo, Destiny Books, 2012, \$16.95
John DeSalvo is a collector of crystal skulls and a leading researcher on the subject of crystals. He shares his wealth of information about crystals,

from their spiritual and magical properties to alien technology. DeSalvo also includes step-by-step instructions for readers to try scrying (seeing visions) and meditating with crystals. Based on research and scientific testing, *Power Crystals* is a definitive resource on crystals.

— Jelina Vance



The Essential Dowsing Guide, Dennis Wheatley, Ozark Mountain Publishing, 2012, \$12
Master Dowsing Dennis Wheatley teaches you how to dowsing step by step. Learn

how to create your own tools for use in different dowsing techniques. What can you use dowsing on in daily life? Finding aerial ley lines, earth energy, lost objects, the best vacation spots and more. This book is a gift for dowsers of all levels.

— Vicki Burr



A Message of Hope from the Angels, Lorna Byrne, Atria Books, 2012, \$18

Nearly 77% of Americans believe in angels. Irish mystic and author Lorna Byrne not only believes in angels, she has seen and talked with them since she was a child. This sweetly inspiring book gives the reader a strong sense of how we are all connected and how a little help from the angel realm can lead to a richly rewarding life.

— Kristy Musalo

Chant Enchantress

Concert, chantfest, musical group meditation—a yoga class in melody—how best to describe a live performance by Snatam Kaur and her band? It's all of these things and more.

Seated center stage, Snatam is an angelic presence, dressed in traditional Sikh attire, bejeweled dress, white turban and veil. She's a diminutive

woman, barely five feet tall, but possessed of a voice that could wrest tears from a stone gargoyle—crystalline and radiant, redolent of the simple yet powerful truth of the heart. That voice has made her one of the top selling artists in the field of world sacred music. Amid the swelling ranks of devotional divas and mantra mamas, Snatam stands tall.

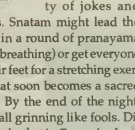
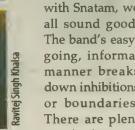
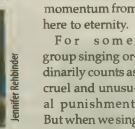
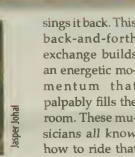
Her divinely melodic songs are based on traditional Sikh mantras. But to these Snatam adds her own lyrics in English—simple, heartfelt verses that express the personal meanings these sacred syllables hold for her and help the audience focus their own emotional connection.

On stage and on tour, devotional singer Snatam Kaur is a pure channel of divine light.

Her concerts are a celebration of sacred sound. Snatam leads the audience on a heart-opening journey to ecstatic bliss and beyond. She mainly accompanies herself on harmonium (Indian pump organ), but also plays violin and guitar. She is joined by an evolved collective of enlightened musicians to induce a deeply meditative flow of grace that recalibrates the soul, aligning it to love, light and compassion. San Francisco-based guitarist/multi-instrumentalist and composer Todd Boston, and tabla player/percussionist Ramesh Kannan weave a deeply lavish and transcendental vibrations and aural grid.

The harmonium and tablas ground the sound in Punjabi Sikh musical tradition, but the music also has a decidedly Western flavor. What's most remarkable about the ensemble is its fluid sense of interplay. These are players deeply attuned to one another and the energy of their audience.

This is essential in the style of music that Snatam performs. Most of the songs are in call-and-response kirtan mode. Snatam sings a line. The audience



sings it back. This back-and-forth exchange builds an energetic momentum that palpably fills the room. These musicians all know how to ride that momentum from here to eternity.

For some, group singing ordinarily counts as cruel and unusual punishment. But when we sing with Snatam, we all sound good. The band's easygoing, informal manner breaks down inhibitions or boundaries. There are plenty of jokes and

laughs. Snatam might lead the group in a round of pranayama (yogic breathing) or get everyone on their feet for a stretching exercise that soon becomes a sacred dance. By the end of the night, we're all grinning like fools. Divine fools, that is. For we've been

let in on a great cosmic secret: devotional music is fun.

Heart of the Universe, a collaboration with pianist/composer and eight-time Grammy nominee, Peter Kater, marks Snatam's eighth major release since 2001. She best describes the CD as "poems about awakening and consciousness and light."

She brings out a bit of the divine peacemaker in all of us. Snatam Kaur performs on May 17 at the First Baptist Church in Portland. Visit www.spiritvoyage.com.

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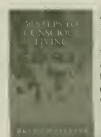
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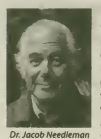
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EarthTalk:
The Greenest
American Cities

By Roddy Scheer and Doug Moss

Which American city is the greenest depends on who you ask.

Every year dozens of publications and websites release their own assessments of which cities have the most environmentally conscious citizenry, the highest percentage of recycling or the lowest carbon footprint per capita. Portland, Seattle and San Francisco are often top contenders, but some of the other leading choices may be a surprise.

The *Daily Beast* based a recent round-up of greenest U.S. cities on data collected by market research firm Experian Simmons, which has been tracking the greening of the nation for half a century. Researchers polled thousands of Americans to find out what percentage in different geographic regions think and act in an eco-conscious way versus what percentage do not, as well as what percentage make a conscious effort to recycle.

The company also tracked the number of public transit trips per capita and the percentage of households that use solar heating by region. Honolulu, most likely by virtue of the fact that one percent of homes there utilize solar power, came out top on New York, with more than double the amount of public transit ridership per capita than any other U.S. city. It is No. 2, followed by San Francisco, Seattle and Boston.

Meanwhile, the website Ecosalon looked at similar types of data and drew different conclusions, finding San Francisco to be the greenest. Ecosalon was especially impressed by San Franciscans routinely voting for aggressive green programs (like banning plastic grocery bags and financing renewable energy sources for public facilities) and by the fact that the city diverts 70 percent of its waste, thanks to mandatory recycling and composting.

To top it off, nearly half of all San Franciscans bike, walk or take public transit every day — and the city is on track to

reduce its greenhouse gas emissions 20 percent below 1990 levels this year. Ecosalon ranks Portland second, followed by Seattle, Chicago and New York.

In another ranking, Canadian research company Corporate Knights granted Portland, San Francisco and Seattle a three-way tie for America's greenest city. Denver ranked No. 4 while Albuquerque, Charlotte and Oakland tied at fifth.

"Unlike other city-sustainability rankings, this ranking focuses on the effort cities are making rather than on their results, which could take years to achieve," reported Kent Portney, a Tufts University researcher who participated in the project. "In other words, this ranking is aspirational in nature." He says that each city was awarded a point for undertaking one of 38 programs or policies listed by Corporate Knights, in categories such as smart growth, land-use planning and pollution prevention.

And in yet another recent round-up, Mother Nature Network (MNN) declared Portland — where 200 miles of dedicated bike lanes and legions of supporters of local and sustainable food sources rule — the nation's greenest city. San Francisco, Boston, Oakland and Eugene round out MNN's top five.

Regardless of which city is greenest, all U.S. cities are greening up every day because planners now realize the economic advantages of using less energy, recycling more and keeping air and water clean. We can all help by supporting municipal energy savings, recycling and composting programs, and community enhancement efforts.

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mushrooms to clean oil spills, and solar, wind and greener energy. Will we rescue our relationship with Mother Gaia in time, or will our self-destruction move in faster than the cure?

Humankind must acknowledge its errors, actively grieve and beg forgiveness from Mother Earth. Loving our planet, we realize the miracle of the interdependent net of beings, from the tiniest microorganisms to giant whales singing in the deep. Conscious of WorldSpirit, we hear the cry of nature and compassionately, wisely and creatively act to awaken one another to heal what remains of God's gift to us.

At this critical phase of the human story, the metamorphosis of the world soul requires imagining a planetary civilization, a world united for a common goal of sur-thrival, sustaining the web of life, remediating damaged ecosystems, and consorting with all wisdom traditions including indigenous and sacramental.

Visionaries are clustering together to imagine and evolve a better world.

Alex Grey is the author of Net of Being and an artist whose work has appeared on numerous album covers. Visit www.alexgrey.com. Excerpted with permission by Inner Traditions at www.innertraditions.com.



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Archetypes, from page 1

Top 10 Archetypes

The ten archetypal patterns that reflect the power trends of our times are: the Advocate, the Artist/Creative, the Athlete, the Caregiver, the Fashionista, the Intellectual, the Queen/Executive, the Rebel, the Spiritual Seeker and the Visionary. They all embody the primary power issues that define women today, including their underlying struggles with personal empowerment.

Ten years ago, the list of defining archetypes would have been different, and it may change again 10 years from now. But in the world as we know it today, the modern woman is likely to consider herself a Professional, or if not a Professional then someone looking for her place in the world. Today's woman is also likely to see herself as a Caregiver, whether or not she is a mother, or she may be a woman in whom the Rebel is a full-time force.

Archetypal patterns filter into every aspect of your life. Your archetypes influence your spending habits, how you shop, and what you buy or not. They influence the quality of your relationships, and who you are attracted to and why. And they influence recurring issues: arguments you seem to have over and over, difficulties at work that keep cropping up, and other patterns that repeat themselves.

What would you say is "typical" of you? How do other people describe you? (If you're up for it, ask your friends for help with that. You would be surprised by what you can learn about yourself.) The more you know about how archetypes work, the more easily you can observe their influence on your thoughts, your attitudes, your behavior, and your personal myths and symbols.

I have long believed that it is impossible for us to know who we truly are unless we understand archetypes and, more specifically, our own personal archetypes, because archetypes are the psychic lenses through which we view ourselves and the world around us. As a society we have been on a quest to understand how we function psychologically, what makes us the way we are and what makes us heal.

These questions have awakened a need in us to not only be aware that archetypes influence us but how they express themselves in our individual lives. Archetypes are the new language of power.

Once you connect with an archetype that you know is genuinely you, it will inspire you to find out about other archetypes that may be influencing your life. Connecting

Archetypes and The Shadow

All archetypes have "shadow" manifestations as well as positive aspects.

The shadow has power precisely because it remains in the dark — we tend to deny its presence in us because we consider it unacceptable. Only when we face and acknowledge the shadow's presence can we neutralize its potential negative impact on us.

The Rebel archetype, for instance, can be a powerful force leading us to reject illegitimate authority and strike out on a bold new path of action.

(Samuel Adams, Elizabeth Cady Stanton, Gandhi and Martin Luther King, Jr. all had powerful Rebel archetypes.) But if we let our awareness lapse, the archetype's shadow aspect can induce us to

rebel against legitimate leaders, or to fall in love with the image and trappings of rebellion (think of the rebellious angels in Jewish, Christian and Muslim lore).

Likewise, the Queen archetype can help you assert your power, take charge of situations, delegate authority and act with benevolence. But the shadow Queen may run around barking out orders, making impossible demands and cutting off heads! Once you learn to recognize the difference between the

two responses — and their common source — you can harness the Queen's constructive power while mitigating her shadow wrath.

— Carolyn Myss

energy of your archetype to express the true reason you were born.

Life was never meant to be safe. It was meant to be lived right to the end. There are inner riches awaiting you in the archetypal domain. Life is an archetypal magic carpet ride through endless adventures meant to teach us about the hidden truths of life and our place in the cosmic scheme.

Carolyn Myss is a New York Times bestselling author. Her latest book is Archetypes. Visit www.myss.com. Excerpted with permission by Hay House at www.hayhouse.com.



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